

Leeks Cookbook

A Root Vegetable Cookbook Filled with
Delicious Leeks Recipes

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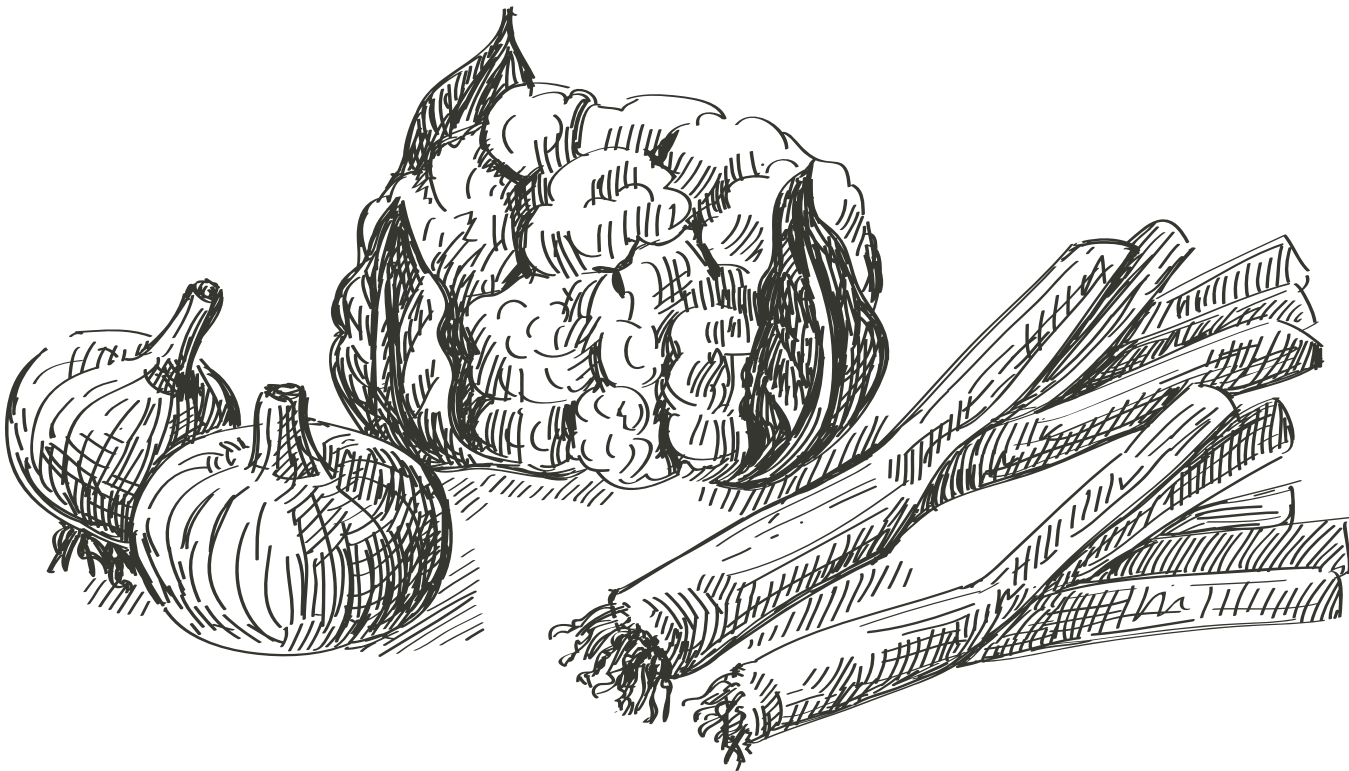


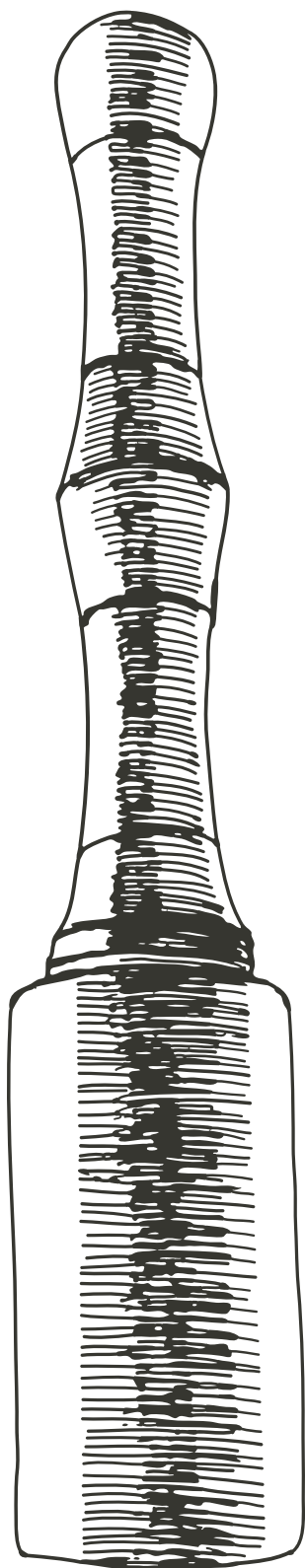


Table of Contents

Oven Roasted Leeks	9
Maggie's Easy Vichyssoise	12
Buttery Leek Soup	13
Cauliflower Soup	14
Southern French Quiche	15
Lemon Arborio Risotto	16
Bacon Au Gratin	17
Countryside Cranberry Stuffing	18
Irish Potatoes	19
Maggie's Easy Split Pea Soup	20
Green Soup	21
Mustard and Cheese Yukon Soup	24
Italian Tortellini Soup	25
Winter Soup	26
Cilantro Salmon Spaghetti	27
Stir Fried Leeks	28
Primavera	29
Swiss and Romano Quiche	30
Autumn Pumpkin Soup	31
A Casserole from Demark	32
A Soup from Scotland	33
Sweet Salmon Stir Fry	36
Indian Apple Soup	37

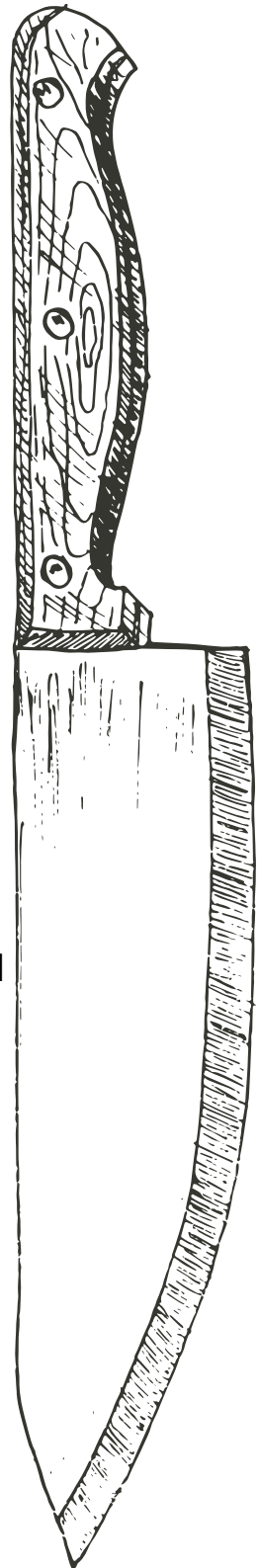
Greek Lemon and Leeks	38
French Tomato and Potato Casserole	39
Udon Soup	40
The Granny Smith Frittata	41
Peas and Parmesan Frittata	42
Classical Pot Pie	43
Potatoes, Leeks, and Cabbage II	44
Red and Rustic Soup	45
Orzo, Leeks, and Sherry Soup	48
Rockfish Stew	49
Lamb Fritters	50
Summertime Soup	51
Roasted Cauliflower, Garlic, and Leek Soup	52
Peas and Parmesan Frittata	53
Carbonara Squash II	54
Kale Quiche	55
Turkey Stir Fry	56
Swiss Chard, Portobello and Leeks	57
Rabbit Casserole	60
Swiss Chard, Peppers, Kale, and Leeks	61
Artisan Asparagus Soup	62
Pumpkin Soup	63
Hazelnut and Mushrooms Stuffing	64
Riverside Paella	66
Country Chicken with Mushrooms	68



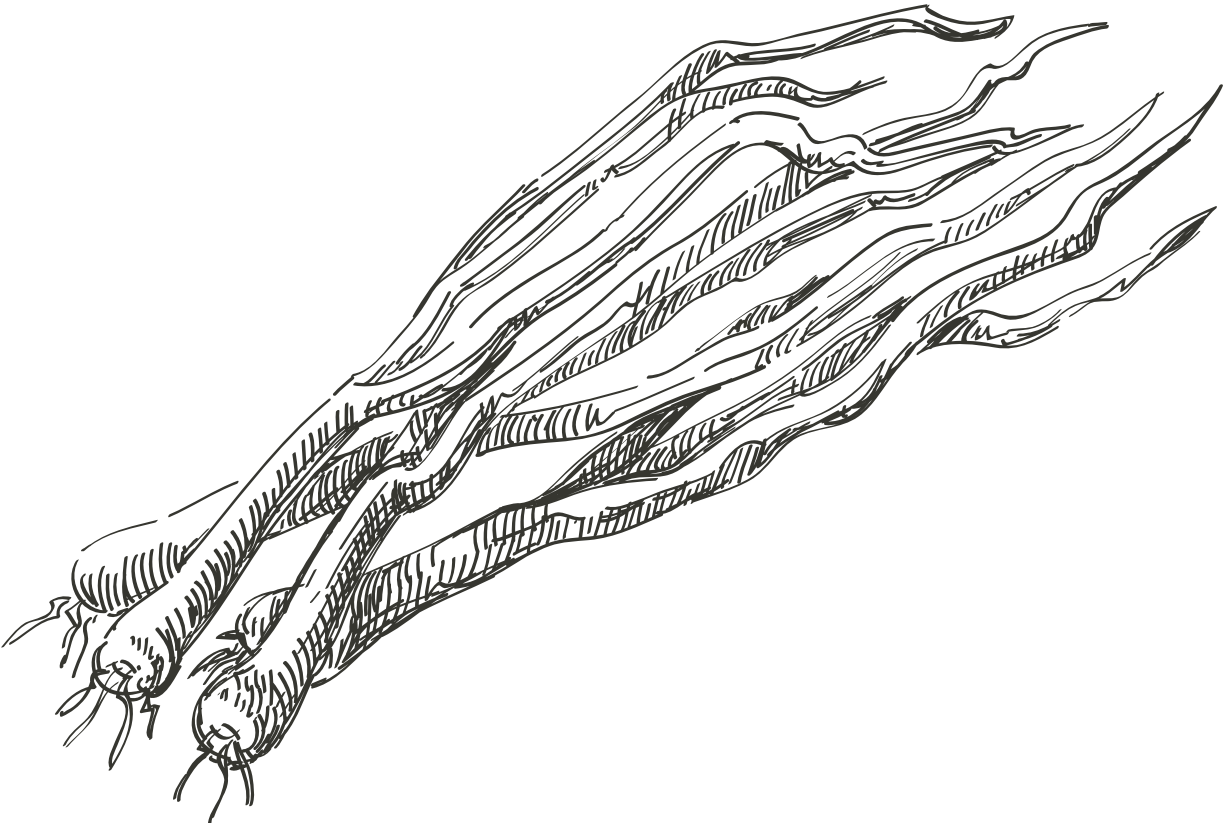


Famous Chinese Veggie Stir Fry	69
Salma's Potato Soup	72
Omega-3 Pot Pie	74
Western European Soufflé	76
Potato Soufflé	77
Latin Leeks with Sweet Vinaigrette	78
Vegetable Fiesta	79
Sweet Leeks and Brussels Sprouts	80
Wonda's Award Winning Quiche	81
Rhode Island Gratin	84
New England Clam Bowls	85
Easy Irish Colcannon	86
Roasted Cherry Seafood Soup	87
Monday's Irish Dinner Gnocchi	88
Country Style Mussels with Leeks	89
Viking Noodle Soup	90
Marseille Mussels Stew	91
Sonia's Stuffed Mushrooms	92
Mushroom Cheese Tart	93
New England Salmon	96
Dairy-Free Gravy	97
Bavarian Veggie Soup	98
Fall-Time Casserole	99
Sunday's Dinner Pie	100
Handmade Broth	101



Friday Night Curry	102
Veggie Gratin	103
Summer Soup Delight	104
Kiwi Orange Chicken	105
Snapper Thyme Stir Fry	108
Parmigianino Leek Frittata	109
Cheesy Hash Frittata	110
Mongolian Sirloin with Vegetables	111
Mongolian Lamb Dumb Dinner	112
Winter Country Leeks Chowder	113
Potato Soup Russian Style	114
Yellow Potato Soup	115
Sri Lankan Crab Curry	116
Warm Leeks Salad	117
Chicken Flavored Leeks Stew	120
Lettuce, Spinach, and Leeks Casserole	121
Soup of Artichoke	122
How to Make Corn Chowder	123
Swiss Cauliflower Soup	124
Cheesy Parsley Flowers Soup	125
Stir Fried Kale	126
Central European Lamb Stew	127
How to Make Parsnip Gratin	128
November's Stuffing	132
Greek Sunset Celery	133



Country Wagon Stew 134
Leek, Celery, and Tomato Soup 135
Soup in Norway 136
Rustic Green Bean, Turnip, and Leeks Soup 137
Award Winning Stuffing 138
November's Stuffing 140
Vietnamese Soup 141
Baby Mushroom Bake 144
Backroad Wandering Veal Stew 145
January Night Veal Stew 146



Oven Roasted Leeks

 Prep Time: 20 mins
 Total Time: 50 mins

Servings per Recipe: 4

Calories	223 kcal
Fat	10.9 g
Carbohydrates	23.5g
Protein	8.9 g
Cholesterol	32 mg
Sodium	282 mg

Ingredients

2 tbsps butter
1/4 C. all-purpose flour
1 1/2 C. skim milk
1/2 C. shredded Cheddar cheese
1/2 tsp garlic powder

salt and pepper, to taste
4 medium leeks, halved lengthwise

Directions

1. Coat a casserole dish with nonstick spray and then set your oven to 400 degrees before doing anything else.
2. Combine the flour and butter until melted then slowly add in cheese and milk and continue heating and stirring until all the cheese is melted and everything is smooth.
3. Now add in your pepper, garlic powder, and salt then shut the heat.
4. Create a layer of leeks in your casserole dish and top it with the cheese mix.
5. Cook everything in the oven for 35 mins. Then let it sit for 10 mins then serve.
6. Enjoy.





MAGGIE'S

Easy Vichyssoise



Prep Time: 10 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 353 kcal

Fat 9.5 g

Carbohydrates 60.3g

Protein 8.3 g

Cholesterol 34 mg

Sodium 1257 mg

Ingredients

1 tbsp butter
3 leeks, bulb only, sliced into rings
1 onion, sliced
5 potatoes, peeled and thinly sliced
salt and pepper to taste
1/4 tsp dried thyme
1/2 tsp dried marjoram
1 bay leaf
5 C. chicken broth
1/4 C. heavy whipping cream

Directions

1. Stir fry, for 12 mins, your onions and leeks, in butter. Then add your potatoes and the following seasonings: bay leaf, salt, marjoram, pepper, and thyme.
2. Place a lid on the pot and let the contents cook for 10 more mins.
3. Pour in the stock and get everything boiling.
4. Once the mix is boiling set the heat to low and let the contents lightly cook for 32 mins.
5. Get your blender and with a batch process, puree the soup, or use an immersion blender if you have one handy.
6. When serving the dish add a dollop of fresh cream.
7. Enjoy.

Buttery Leek Soup



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 8

Calories 488 kcal

Fat 45.4 g

Carbohydrates 18.7g

Protein 3.7 g

Cholesterol 145 mg

Sodium 673 mg

Ingredients

1 C. butter
2 leeks, sliced
salt and pepper to taste
1 quart chicken broth
1 tbsp cornstarch

4 C. Yukon Gold potatoes, peeled and diced
2 C. heavy cream

Directions

1. Fry your leeks in butter and top them with some pepper and salt.
2. Cook the veggies for 17 mins.
3. Now add your broth to the mix and also cornstarch.
4. Mix everything until smooth then add the Yukon and get the contents boiling.
5. Add in some more pepper and salt.
6. Once the soup is boiling lower the heat to a low level and let the soup gently cook uncovered for 35 mins.
7. After serving the dish add some salt.
8. Enjoy.

CAULIFLOWER Soup



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 155 kcal

Fat 13.1 g

Carbohydrates 8.3g

Protein 2.4 g

Cholesterol 35 mg

Sodium 346 mg



Ingredients

2 tbsps olive oil
3 tbsps butter
3 leeks, cut into 1 inch pieces
1 large head cauliflower, diced
3 cloves garlic, finely diced
8 C. vegetable broth
salt and freshly ground black pepper to taste
1 C. heavy cream (optional)

Directions

1. Stir fry your cauliflower, leeks, and garlic in butter and olive oil for 12 mins. Then pour in your broth and get everything boiling.
2. Once the mix is boiling place a lid on the pot, set the heat to low, and let the contents gently cook for 50 mins.
3. Grab an immersion blender and puree the soup.
4. If you do not have an immersion blender use a batch process to ladle all of soup into a blender.
5. Blend the soup then pour it into a new pot.
6. Add some more pepper and salt once the soup has been pureed and some cream and stir the contents.
7. Enjoy warm.

Southern French Quiche

 Prep Time: 10 mins
 Total Time: 1 hr

Servings per Recipe: 6

Calories	365 kcal
Fat	26.8 g
Carbohydrates	20.7g
Protein	11.2 g
Cholesterol	57 mg
Sodium	300 mg

Ingredients

1 (9 inch) refrigerated pie crust	1 1/4 C. shredded Gruyere cheese
2 tps butter	
3 leeks, diced	
1 pinch salt and black pepper to taste	
1 C. light cream	

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Sauté your leeks in butter for 12 mins then add some pepper and salt.
3. Set the heat to low and add in the cheese and cream.
4. Stir the mix to get it smooth then fill your pie with the mixture.
5. Cook the pie in the oven for 32 mins then let it rest on a countertop for 15 mins before serving.
6. Enjoy.

LEMON

Arborio Risotto



Prep Time: 30 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 330 kcal

Fat 6.5 g

Carbohydrates 39.6g

Protein 19.7 g

Cholesterol 74 mg

Sodium 201 mg

Ingredients

- 2 tbsps olive oil
- 1 large leek, cleaned and thinly sliced
- 2 cloves garlic, minced
- 1 C. Arborio rice
- 2 C. low-sodium chicken broth, divided
- 1 C. dry white wine
- 1/2 lb bay scallops
- 1/2 lb medium shrimp, peeled and deveined
- 1 C. fresh snow peas, trimmed and halved crosswise
- 1 medium red bell pepper, diced
- 3 tbsps grated Parmesan cheese
- 2 tsps dried basil
- 2 tbsps lemon juice
- ground black pepper to taste

Directions

1. Sauté your garlic and leeks in olive oil for 7 mins then add in your rice and cook the mix for 7 more mins.
2. Make sure to constantly stir everything during this time.
3. Now add 1.5 C. of broth and get it all boiling.
4. Once the mix is boiling lower the heat and let it gently cook for 7 mins.
5. Now add the rest of the broth and your wine and turn up the heat.
6. Let everything cook for 4 mins with increased heat while stirring.
7. Combine in: red pepper, scallops, peas, and shrimp.
8. Cook the mix for about 6 more mins until the liquid is mostly evaporated.
9. Now add: pepper, parmesan, lemon juice, and basil.
10. Enjoy.

Bacon Au Gratin



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 627 kcal

Fat 31.4 g

Carbohydrates 61.6g

Protein 27.4 g

Cholesterol 72 mg

Sodium 754 mg

Ingredients

4 slices bacon, diced

1 leek, sliced

8 purple potatoes, thinly sliced

3 tbsps all-purpose flour

1/2 C. milk

6 oz. crumbled goat cheese

3/4 C. grated Parmesan cheese

Directions

1. Set your oven to 400 degrees before doing anything else.
2. Get a bowl, combine: flour and potatoes.
3. Fry your bacon in a big pot and then add in your leeks and cook until they are soft.
4. Add in your potatoes and add the cheese and milk. Continue stir frying until all the cheese is melted then enter everything into a casserole dish.
5. Garnish the casserole with parmesan and cook the contents for 47 mins in the oven.
6. Enjoy.

COUNTRYSIDE

Cranberry Stuffing



Prep Time: 35 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 12

Calories 359 kcal

Fat 17.5 g

Carbohydrates 41.5g

Protein 9.9 g

Cholesterol 39 mg

Sodium 839 mg



Ingredients

12 C. white bread cubes	2 tpsps dried rosemary, diced
1 lb sweet Italian sausage, casings removed	1 C. dried cranberries
1/4 C. butter	1 1/3 C. chicken broth
6 C. coarsely diced leeks	salt and pepper to taste
2 tart green apples - peeled, cored and diced	
2 C. diced celery	
4 tpsps poultry seasoning	

Directions

1. Set your oven to 350 degrees before doing anything else
2. Layer your bread pieces in two different casserole or baking dishes and cook everything for 16 mins in the oven.
3. Stir fry your sausage for 12 mins then remove the excess oils and place the meat to the side.
4. Now stir fry your celery, leeks and apples, in butter, in the same pot, for 12 mins, then add in your poultry seasoning, and mix everything evenly.
5. Now add the berries and rosemary.
6. Stir the mix again to combine the spice and fruit.
7. Combine the leeks with the toasted bread pieces and sausage in a big bowl and slowly add some broth into the mix to get everything slightly wet.
8. Now add some pepper and salt.
9. Pour the stuffing into a casserole dish and cook it in the oven for 47 mins with a covering of foil and 5 more mins with no cover.
10. Enjoy.

Irish Potatoes

 Prep Time: 10 mins
 Total Time: 50 mins

Servings per Recipe: 5

Calories	302 kcal
Fat	19.7 g
Carbohydrates	28.6g
Protein	5.3 g
Cholesterol	53 mg
Sodium	180 mg

Ingredients

1 lb cabbage
1 lb potatoes
2 leeks
1 C. milk
salt and pepper to taste

1 pinch ground mace
1/2 C. butter

Directions

1. Cook your cabbage in boiling water until soft. Then let it cool.
2. Once the cabbage has cooled begin to blend it.
3. Now cook your potatoes in boiling water until soft and remove all the liquid and mash them.
4. Dice up your leeks and cook them in simmering milk until tender.
5. Once the leeks are soft add the entire mix to the mashed potatoes and mash everything together again.
6. Finally add in your cabbage to the mix and mash the contents one more time.
7. Enter everything into a big pot and warm it up again before serving the dish with melted butter.
8. Enjoy.

MAGGIE'S

Easy Split Pea Soup



Prep Time: 20 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 6

Calories 253 kcal

Fat 5 g

Carbohydrates 35.5g

Protein 17 g

Cholesterol 15 mg

Sodium 1195 mg

Ingredients



6 slices bacon, cut into 1 inch pieces
1 small onion, diced
1 leek, thinly sliced
1 large carrot, diced
2 cloves garlic, minced
4 (10.5 oz.) cans chicken broth

1 1/2 C. green split peas
2 bay leaves
1 tsp diced fresh rosemary

Directions

1. Fry your bacon, in a saucepan, then add in: garlic, onions, carrots, and leeks.
2. Cook everything for 10 mins. Then add the broth: rosemary, split peas, and bay leaves.
3. Get everything boiling, place a lid on the pot, set the heat to low and let the contents gently cook for 1 hour.
4. Make sure you stir the soup every 10 to 15 mins.
5. Enjoy.

Green Soup

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 8

Calories	179 kcal
Fat	2 g
Carbohydrates	30.6g
Protein	9.4 g
Cholesterol	0 mg
Sodium	432 mg

Ingredients

2 tsps olive oil
4 leeks, bulb only, diced
2 cloves garlic, diced
2 (16 oz.) cans fat-free chicken broth
2 (16 oz.) cans cannellini beans, rinsed
and drained
2 bay leaves

2 tsps ground cumin
1/2 C. whole wheat couscous
2 C. packed fresh spinach
salt and pepper to taste

Directions

1. Stir fry your garlic and leeks in olive oil for 7 mins then add: cumin, broth, bay leaves, beans.
2. Get everything boiling, lower the heat, and pour in your couscous.
3. Place a lid on the pot and let the couscous gently boil for 6 mins then add your pepper, salt, and spinach.
4. Enjoy hot.





MUSTARD and Cheese Yukon Soup



Prep Time: 30 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 6

Calories 289 kcal

Fat 12.2 g

Carbohydrates 37.3g

Protein 8.6 g

Cholesterol 25 mg

Sodium 909 mg

Ingredients



2 leeks, finely diced (white part only)
1 clove garlic, finely diced
4 medium potatoes (red or Yukon Gold),
diced
2 tbsps butter, divided
1 tbsp olive oil
1 1/2 tsps ground mustard
2 tbsps flour
1/2 C. water

3 C. chicken broth
salt, pepper, and celery salt, to taste
1/2 C. shredded Cheddar cheese
2 tbsps Parmesan cheese
1 C. milk
3 oz. diced portobello mushrooms
croutons for garnish, if desired

Directions

1. Get a bowl, combine: flour, mustard, celery salt, regular salt, and pepper.
2. Now add in the broth and water and mix everything.
3. Cook: potatoes, garlic, and leeks in half of your butter and olive oil with a low level of heat until you find that the potatoes are tender.
4. Stir the contents often while they cook to avoid burning.
5. Once the potatoes are soft add in your broth mix.
6. Get the broth and potatoes boiling, lower the heat, and let it gently cook for 1 hr.
7. While the broth is boiling cook your mushrooms in the rest of the butter and then add them to the potatoes once they are tender.
8. Now mash your potatoes in the pot with a potato masher and then add in parmesan, cheddar, and milk.
9. Let the cheese melt then serve the dish.
10. Enjoy.

Italian Tortellini Soup

 Prep Time: 25 mins
 Total Time: 1 hr

Servings per Recipe: 6

Calories	313 kcal
Fat	13 g
Carbohydrates	30.8g
Protein	18.2 g
Cholesterol	66 mg
Sodium	890 mg

Ingredients

1 tbsp olive oil
5 large mushrooms, diced
2 large leeks, cleaned, and cut into 1/4
inch thick rounds
6 C. chicken broth
4 chicken sausages, sliced in 1/3-inch
rounds
1 (9 oz.) package cheese tortellini
3 cloves garlic, minced

3 tbsps hot pepper sauce (e.g. Tabasco(TM)), or
to taste
salt and pepper to taste
5 sprigs diced fresh cilantro, for garnish

Directions

1. Stir fry your leeks and mushrooms in olive oil for 7 mins. Then place them to the side.
2. Now a get a big pot, add in your broth, and get it boiling.
3. Once everything is boiling add: hot sauce, sausage, garlic, and tortellini.
4. Now lower the heat and pour in your mushrooms and leeks.
5. Place a lid on the pot and let the contents gently boil for 35 mins.
6. When serving your dish top it with some cilantro.
7. Enjoy warm.

WINTER Soup



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 362 kcal

Fat 15.4 g

Carbohydrates 45.7g

Protein 11.6 g

Cholesterol 48 mg

Sodium 886 mg

Ingredients

2 tbsps butter, or more if needed
2 leeks, cleaned and diced
1/2 C. diced scallions
6 potatoes, peeled and cubed
4 C. chicken broth
1 C. half-and-half

4 oz. shredded Monterey
4 oz. of pepper jack cheese
1 tbsp diced fresh parsley
1 tsp garlic powder
salt and ground black pepper to taste

Directions

1. Stir fry your scallions and leeks in butter for 7 mins then add in your broth and potatoes.
2. Cook the mix for 27 mins until soft.
3. Add your half and half and let the contents gently boil for 20 more mins.
4. Add your Monterey and pepper jack cheese as well as: black pepper, parsley, salt, and garlic powder.
5. Let the cheese completely melt for 7 more mins.
6. Enjoy.

Cilantro Salmon Spaghetti



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 2

Calories	896 kcal
Fat	56.7 g
Carbohydrates	62.2g
Protein	31.3 g
Cholesterol	216 mg
Sodium	401 mg

Ingredients

- 1/2 (8 oz.) package spaghetti
- 1 tbsp butter
- 1 large leek - light parts only, rinsed, and diced
- salt to taste
- 1/2 C. white wine
- 1/2 lemon, juiced
- 1 C. crème fraiche
- 1 tsp tarragon Dijon mustard
- 1 pinch cayenne pepper, or to taste
- 6 oz. skinless, boneless salmon, sliced
- 1/2 C. diced cilantro, or to taste
- 1 pinch cayenne pepper

Directions

1. Boil your pasta in water and salt for 13 mins then remove all the liquid.
2. Stir fry your leeks in butter for 8 mins then add in salt, lemon juice, and wine.
3. Get everything boiling and let the contents gently cook for 7 mins until most of the liquid has cooked out.
4. Now add your crème, cayenne, and mustard.
5. Lower the heat and continue cooking the contents for 6 mins then add your fish and cook the fish for 4 more mins.
6. Shut the heat and add the cilantro.
7. Combine the salmon and sauce with the pasta and stir everything.
8. When serving the dish add a bit more cayenne.
9. Enjoy.

STIR FRIED Leeks



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 78 kcal

Fat 4.1 g

Carbohydrates 10.3g

Protein 0.9 g

Cholesterol 10 mg

Sodium 275 mg

Ingredients



2 leeks, finely diced
4 carrots, finely diced
1/3 C. chicken broth
2 tbsps butter
1 tbsp white sugar
1/2 tsp dried thyme

1/2 tsp kosher salt
1/8 tsp ground black pepper

Directions

1. Boil the following in a big pot: pepper, leeks, salt, carrots, thyme, broth, sugar, and butter.
2. Once everything is boiling lower the heat and let the mix gently cook for 17 mins, until most of the liquid has cooked out.
3. Continue cooking everything for another 4 to 5 mins until the veggies are a bit brown then serve.
4. Enjoy.

Primavera Tortellini Soup

 Prep Time: 20 mins
 Total Time: 45 mins

Servings per Recipe: 6

Calories	589 kcal
Fat	26.9 g
Carbohydrates	72.5g
Protein	18.6 g
Cholesterol	8 mg
Sodium	607 mg

Ingredients

- 1 bunch fresh basil
- 3 C. chicken broth, divided
- 1/2 C. olive oil
- 2 cloves garlic
- 1 lb fettuccine pasta
- 2 tbsps olive oil
- 1 large leek, white and light green parts only, diced
- 1 bunch green onions, diced
- 2 jalapeno peppers, seeded and diced
- 2 pinches salt
- 2 zucchinis, diced
- 1 C. diced sugar snap peas
- 1/2 C. shelled English peas
- 1 bunch asparagus, stalks diced, tips left whole
- 1/2 C. grated Parmesan cheese, or as needed

Directions

1. Blanch your basil for a few secs and place them in cold water for 3 mins.
2. Separate the leaves from the stems and place them to the side.
3. Blend: garlic, basil, half a C. of olive oil, and 1 C. of broth.
4. Now begin to boil your pasta with the water that blanched the basil for 9 mins. Then remove all the liquid.
5. Stir fry your leeks in 2 tbsps of olive oil for 7 mins. Then add: salt and jalapenos.
6. Cook the mix for 4 more mins. Then turn up the heat and add 2 C. of broth and: English peas, snap peas, and zucchini.
7. Let this boil for 6 mins. Then add in the asparagus and cook everything for 4 more mins.
8. Add a quarter of basil sauce to the zucchini and cook the contents for 2 mins.
9. Shut the heat and place your pasta in the pot.
10. Stir everything and top the dish with parmesan.
11. Now place a wrapping of foil over the pot and let the noodle soak up the liquid for 7 mins.
12. Stir everything once more. Enjoy.

SWISS and Romano Quiche



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 472 kcal

Fat 39.4 g

Carbohydrates 15.7g

Protein 14.9 g

Cholesterol 204 mg

Sodium 359 mg

Ingredients

2 tbsps butter

2 C. sliced leeks

1 (9 inch) frozen pie crust, thawed

1 C. shredded Swiss cheese

1/4 C. grated Romano cheese

1 tbsp all-purpose flour

4 eggs

1 3/4 C. heavy cream

1 tomato, thinly sliced

salt and pepper to taste

Directions

1. Set your oven to 450 degrees before doing anything else.
2. Get a bowl, mix: flour, Romano, and cheddar.
3. Get a 2nd bowl, mix: cream, and whisked eggs.
4. Stir fry your leeks in butter and layer them in a pie crust.
5. Now top the leeks with the cheese mix then the cream mix.
6. Add a final layer of tomato, pepper, and salt.
7. Cook everything in the oven for 17 mins at 450 then for 32 mins at 325 degrees.
8. Serve after letting the quiche sit for 10 mins.
9. Enjoy.

Autumn Pumpkin Soup



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 130 kcal

Fat 5.4 g

Carbohydrates 18.4g

Protein 2.4 g

Cholesterol 0 mg

Sodium 261 mg

Ingredients

1 tbsp vegetable oil
1 onion, finely diced
1 leek, diced
1 lb peeled and diced pumpkin
3/4 lb sweet potato, peeled and cubed

1 quart vegetable broth
1 1/4 C. light coconut milk

Directions

1. Stir fry your onions and leeks in oil until tender then add: broth, potatoes, and pumpkin.
2. Get everything boiling, place a lid on the pan, set the heat to low, and let the contents gently cook for 17 mins.
3. Now mash the veggies and add: pepper, coconut milk, and salt.
4. Enjoy.

A CASSEROLE from Demark



Prep Time: 25 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 515 kcal

Fat 28.9 g

Carbohydrates 39.7g

Protein 25 g

Cholesterol 90 mg

Sodium 554 mg

Ingredients

2 lbs potatoes, peeled and diced
1/4 C. milk
2 lbs leeks, diced
1 lb ground beef
1 onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 tbsp finely diced green chile peppers
soy sauce to taste
1 (8 oz.) package shredded Cheddar cheese
6 oz. cooked ham, cut into thin strips

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Boil your potatoes in water and salt for 17 mins. Then remove the liquid and mash them with some milk.
3. Simultaneously boil your leeks in water for 11 mins. Then remove the liquid as well.
4. Stir fry your beef then add in: soy sauce, bell peppers, chili peppers, and onions.
5. Cook everything for a few more mins until the entire mix is soft.
6. Combine the following into a casserole dish: beef, potatoes, and leeks.
7. Top the contents with some cheese, ham, and more cheese.
8. Cook the dish in the oven for 27 mins.
9. Enjoy.

A Soup from Scotland



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 12

Calories 243 kcal

Fat 6.5 g

Carbohydrates 12.4g

Protein 32.4 g

Cholesterol 126 mg

Sodium 497 mg

Ingredients

4 lbs chicken thighs, bone in, skin removed	1 sprig fresh thyme, diced
10 C. water	1 tbsp diced fresh parsley
1 onion, diced	1 tsp salt
1/3 C. barley	1/2 tsp ground black pepper
1 (10.5 oz.) can condensed chicken broth	
7 leeks, sliced	
2 stalks celery, thickly sliced	

Directions

1. Boil: barley, chicken, onions, and water.
2. Once everything is boiling lower the heat and let the contents gently cook for 1 hr.
3. Now take out the chicken and remove the skin and bones.
4. Begin to dice the meat then place everything back into the pot.
5. Combine in: pepper, broth, salt, leeks, parsley, celery, and thyme.
6. Let the contents simmer for 35 mins.
7. Enjoy.





SWEET

Salmon Stir Fry



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 523 kcal

Fat 30.4 g

Carbohydrates 20.3g

Protein 41 g

Cholesterol 127 mg

Sodium 399 mg

Ingredients



4 leeks
2 tbsps butter
1 tbsp brown sugar
3 carrots, cut into matchsticks
kosher salt to taste
2 lbs salmon fillets

2 tpsps olive oil
kosher salt and ground black pepper to taste

Directions

1. Cover a casserole dish with foil and nonstick spray then set your oven to 425 degrees before doing anything else.
2. Chop up your leeks removing the hard leaves, and the root.
3. Now rinse the leeks under cold water and pat them dry.
4. Stir fry the leeks in butter for 7 mins. Then add brown sugar and continue cooking for 17 more mins (low to medium heat stir in intervals of 4 mins).
5. Add: salt and carrots.
6. Cook everything for 7 more mins.
7. Layer your salmon in the casserole dish and top the fish with olive oil, pepper, and salt.
8. Cook the salmon in the oven for 9 to 12 mins for each side.
9. Place everything on serving plates and evenly divide the leeks amongst our salmon servings.
10. Enjoy.

Indian Apple Soup

 Prep Time: 10 mins
 Total Time: 36 mins

Servings per Recipe: 4

Calories	133 kcal
Fat	3.6 g
Carbohydrates	23.9g
Protein	2.9 g
Cholesterol	< 1 mg
Sodium	< 395 mg

Ingredients

1 tbsp margarine	3 C. vegetable broth
2 tps curry powder	salt and pepper to taste
3 leeks, diced	1/4 C. plain yogurt
3/4 C. diced potatoes	
2 Granny Smith apples -- peeled, cored and diced	

Directions

1. Stir fry your curry for 2 mins in butter and add the apples, leeks, and potatoes.
2. Continue stirring and frying for 7 mins.
3. Now add the broth and get everything boiling.
4. Once the mix is boiling, place lid on the pot, set the heat to low, and let the contents gently cook for 22 mins.
5. Grab an immersion blender and puree the soup. Or use a food processor and blend the soup in batches.
6. If blending in batches place the resulting puree in a separate pot.
7. Add your preferred amount of pepper and salt to the pureed soup and reheat everything before serving.
8. Enjoy.

GREEK

Lemon and Leeks



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 140 kcal

Fat 7.3 g

Carbohydrates 18g

Protein 1.8 g

Cholesterol 0 mg

Sodium 23 mg

Ingredients

1/4 C. extra - virgin olive oil

3 cloves garlic, finely diced

1 tbsp white sugar

2 lbs leeks, white parts only, finely
diced

1 lemon, juiced

salt and freshly ground black pepper to
taste

Directions

1. Stir fry your garlic for 6 mins in olive oil then add your leeks and continue cooking for it 11 mins.
2. Now top the mix with pepper, lemon juice, and salt.
3. Let the contents gently cook with a low to medium level of heat for 17 more mins.
4. Enjoy.

French Tomato and Potato Casserole



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 6

Calories 675 kcal

Fat 40.8 g

Carbohydrates 50.1g

Protein 28.7 g

Cholesterol 143 mg

Sodium 1572 mg

Ingredients

2 1/4 lbs potatoes, peeled and cut into chunks
1/2 C. heavy cream
3 tbsps butter
1 pinch ground nutmeg
salt and pepper, to taste
2 tbsps olive oil
1 onion, diced
1 1/2 lbs leeks, sliced

2 medium tomatoes - peeled, seeded, and coarsely diced
1 1/2 lbs cooked ham, thinly sliced
1 egg yolk, lightly beaten
1/4 C. shredded mozzarella cheese (optional)

Directions

1. Grease a baking dish with oil then set your oven to 375 degrees before doing anything else.
2. Boil your potatoes in salt and water for 17 mins. Then remove all the liquid and add: pepper, cream, salt, nutmeg, and butter.
3. With a masher mash these potatoes until they're smooth.
4. Now begin to stir fry your onions in olive oil, until see-through, then add the leeks and cook everything for 2 more mins until the leeks are tender.
5. Add the tomatoes, set the heat to low, and let the contents gently cook for 7 mins, stir the mix every two mins.
6. Now add the pepper, salt, and ham.
7. Continue cooking everything for 2 more mins.
8. Layer your potatoes, then the ham and leeks, and then more potatoes in the baking dish.
9. Then top the layers with some whisked egg yolk and cheese.
10. Cook the dish in the oven for 24 mins.
11. Enjoy.

UDON

Soup

(うどんスープ)



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 548 kcal

Carbohydrates 53.4 g

Cholesterol 206 mg

Fat 17.2 g

Protein 42.2 g

Sodium 2491 mg

Ingredients

6 cups prepared dashi stock

1/4 pound chicken, cut into chunks

2 carrots, diced

1/3 cup soy sauce

3 tbsps mirin

1/2 tsp white sugar

1/3 tsp salt

2 (12 ounce) packages firm tofu, cubed

1/3 pound shiitake mushrooms, sliced

5 ribs and leaves of bok choy, diced

1 (9 ounce) package fresh udon noodles



4 eggs

2 leeks, diced

Directions

1. Get a sauce pan. Heat the following: salt, dashi stock, sugar, carrots, mirin, chicken, and soy sauce. Allow everything to lightly boil until your chicken is cooked fully (8 mins).
2. Mix in some bok choy, mushrooms, and tofu. Let everything continue simmering for 6 mins.
3. Add your noodles and cook for 5 more mins. Finally add leeks.
4. Take your eggs and crack them over the soup. Let the soup cook for 5 mins until eggs are done.
5. Enjoy.

The Granny Smith Frittata

 Prep Time: 25 mins
 Total Time: 32 mins

Servings per Recipe: 4

Calories	133.3 kcal
Cholesterol	211.5mg
Sodium	129.8mg
Carbohydrates	11.4g
Protein	10.4g

Ingredients

4 large eggs
4 large egg whites
1 large apple, granny smith, peeled and julienned
1 medium leek, rinsed well and thinly sliced

1 tbsp fresh sage, chopped
sage leaf
cooking spray
salt and pepper

Directions

1. Get a bowl, combine your egg whites and eggs. Whisk the mix together until everything is smooth.
2. Begin to stir fry your leeks in nonstick spray for 3 mins then stir in the apples and cook everything for 4 more mins.
3. Now add some pepper, salt, and the sage. Stir the spice into the apples and leeks.
4. Evenly distribute the leeks and apples in the pan then add in your eggs evenly as well.
5. Make sure the bottom surface of the pan is completely covered. Then set the heat to low and place a lid on the pan. Let the frittata cook for 5 mins until it is fully done. Top it with more sage. Enjoy.

PEAS and Parmesan Frittata



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 199.7 kcal

Cholesterol 330.1mg

Sodium 206.2mg

Carbohydrates 9.5g

Protein 12.5g

Ingredients

6 eggs	2 tbsps finely shredded parmesan cheese
1/2 C. evaporated low-fat milk	salt
20 g butter	pepper
1 medium leek, thinly sliced	
2/3 C. frozen peas	
2 medium tomatoes, thinly sliced	

Directions

1. Get a bowl combine evaporated milk and eggs.
2. Stir the mix until it is smooth then add in the pepper and salt.
3. Begin to stir fry your leeks in butter until they are soft.
4. Then turn on your broiler.
5. Add the tomato and peas to the pan then add the eggs.
6. Set the heat to low and let the bottom of the eggs set.
7. Once the bottom has set top everything with parmesan and place the frittata under the broiler and for 4 mins. Enjoy.

Classical Pot Pie



Prep Time: 40 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 599 kcal

Fat 32.5 g

Carbohydrates 24.8g

Protein 49.6 g

Cholesterol 166 mg

Sodium 755 mg

Ingredients

1 pastry for a 9 inch single crust pie
1 (4 lb) whole chicken, deboned and cut into bite size pieces
4 slices cooked ham
4 leeks, diced
1 onion, diced
salt and pepper to taste
1 pinch ground mace
1 1/4 C. chicken stock
1 tbsp milk
1/2 C. heavy cream

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Layer the following in a baking dish: ham, onions, leeks, and chicken.
3. Continue layering until ingredients are used. Between each layer add some mace, pepper, and salt.
4. Pour in your stock around the layers.
5. Cover the top of the casserole with your pastry after you have flattened it. Cut the edge of the pastry to that it fits nicely around the dish. Coat the top of the pastry with some milk.
6. Cook the pie in the oven for 45 mins.
7. Warm your cream on the stove and top the casserole with cream when serving.
8. Enjoy.

POTATOES, Leeks, and Cabbage II



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 250 kcal

Fat 12.6 g

Carbohydrates 29.8g

Protein 5.8 g

Cholesterol 26 mg

Sodium 217 mg

Ingredients

2 1/2 lbs potatoes, peeled and cubed

4 slices bacon

1/2 small head cabbage, diced

1 large onion, diced

1/2 C. milk

salt and pepper to taste

1/4 C. butter, melted

Directions

1. Cover your potatoes in water and then boil; them for 22 mins. Remove all the water.
2. Add in your milk and mash the potatoes. Then finally season the mash with some pepper and salt.
3. Fry your bacon in a separate pan and then save the liquid fat, and break apart the bacon. Place everything to the side.
4. Cook your onions and cabbage in the bacon fat.
5. Mix the onions and cabbage once they have finished cooking with the mashes potatoes.
6. Put everything in a serving bowl and then add in your melted butter and mix everything evenly.
7. Enjoy.

Red and Rustic Soup



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 400 kcal

Fat 6.3 g

Carbohydrates 77.6g

Protein 9.7 g

Cholesterol 20 mg

Sodium 796 mg

Ingredients

18 small red new potatoes
6 C. chicken broth
3 leeks, diced
3 tbsps butter

2 C. milk
salt and pepper to taste

Directions

1. Boil your potatoes until they are soft.
2. While the potatoes are boiling fry your leeks in butter until they are see through.
3. After the potatoes are finished remove all their skins and chunk them. Remove all the liquid from the pot and put the potatoes back in the pot with the broth and your fried leeks.
4. Add in some pepper and salt then simmer everything for 6 mins.
5. Now add the milk and simmer everything another 5 mins.
6. Enjoy hot.





ORZO, Leeks, and Sherry Soup



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 182 kcal

Fat 8.4 g

Carbohydrates 19.6g

Protein 6.7 g

Cholesterol 6 mg

Sodium 1233 mg

Ingredients

4 oz. fresh mushrooms, sliced

1 C. sliced leeks

2 tbsps margarine

2 tbsps olive oil

1/2 C. dry sherry

3 (10.5 oz.) cans condensed beef broth

3 3/4 C. water

1/2 tsp ground black pepper

1/2 C. uncooked orzo pasta

Directions

1. Fry your leeks and mushrooms in olive oil until they are soft. Then pour in your sherry and simmer the liquid until half of it evaporates.
2. Combine your pepper, broth, and water. Get everything boiling. Once boiling, mix in your orzo.
3. Let the contents boil for 13 mins.
4. When serving the soup top with freshly sliced or diced mushrooms.
5. Enjoy.

Rockfish Stew



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 382 kcal

Fat 13.9 g

Carbohydrates 29.6g

Protein 26.2 g

Cholesterol 79 mg

Sodium 833 mg

Ingredients

2 tbsps butter
1 large leek, cleaned and thinly sliced
1/2 C. sliced shallots
salt
3/4 C. white wine
1 1/4 C. chicken broth
1/2 C. thinly sliced fennel bulb
1 lb baby red potatoes, trimmed
salt and freshly ground pepper to taste

1 pinch cayenne pepper, or more to taste
1/2 C. heavy whipping cream
1 lb boneless rockfish filets, cut into 1-inch pieces
1 tbsp diced fresh tarragon

Directions

1. Stir fry your shallots, and leeks in butter for 12 mins. Then add in half a tsp of salt and cook everything for 2 more mins.
2. Add the wine and turn up the heat to a medium level. Let the wine cook for 4 mins then pour in the broth and get everything boiling.
3. Once the mix is boiling, set the heat to low and let the mix simmer for 2 mins.
4. Now add the potatoes and fennel and continue to cook the stew for 12 mins.
5. Combine in the cayenne, black pepper, and salt. Stir the mix then add the cream and stir everything again.
6. Once the mix is smooth add the tarragon and fish.
7. Place a lid on the pot and let the fish cook for 4 mins then stir the stew, set the heat to a low level, and continue cooking the fish for 6 more mins.
8. Add some more pepper and salt.
9. Enjoy.

LAMB Fritters



Prep Time: 10 mins



Total Time: 18 mins

Servings per Recipe: 8

Calories 385 kcal

Fat 28.5 g

Carbohydrates 20.1g

Protein 13.2 g

Cholesterol 88 mg

Sodium 61 mg

Ingredients

4 leeks
1 lb ground lamb
2 eggs
1 C. matzo meal
salt to taste
1/2 tsp white pepper
1 clove garlic, crushed
1/2 C. oil for frying

Directions

1. Get your leeks and remove the white portions.
2. Then cut the portions into quarters.
3. Boil these leeks in water until they are soft then remove the liquids and mince them.
4. Get a bowl, combine: eggs, lamb, and diced leeks.
5. Stir the mix then add in the matzo meal and mix everything again.
6. Now add some garlic, pepper, and salt.
7. Shape the mix into small patties then fry them in batches until browned on both sides.
8. Enjoy.

Summertime Soup



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 81 kcal

Fat 3.8 g

Carbohydrates 9.6g

Protein 4.6 g

Cholesterol 8 mg

Sodium 561 mg

Ingredients

2 tbsps butter
1 C. peeled and sliced carrots
1 C. sliced onions
1 C. sliced leeks (optional)
1/2 C. sliced celery
1 tsp fresh thyme leaves

2 lbs sliced fresh brown or white mushrooms
6 C. chicken stock
salt and pepper to taste
1/2 C. chopped green onion

Directions

1. Begin to stir fry your celery, carrots, leeks, and onions, in butter, for 12 mins then add in the mushrooms and thyme.
2. Keep frying the mix for 7 mins then add in some pepper, salt, and the chicken stock.
3. Get everything boiling, place a lid on the pot, and set the heat to low.
4. Let the mix gently cook for 35 mins then divide the soup between serving bowls.
5. Top each serving with green onions.
6. Enjoy.

ROASTED CAULIFLOWER, Garlic, and Leek Soup



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 292 kcal

Fat 22.5 g

Carbohydrates 19.4g

Protein 5.5 g

Cholesterol 36 mg

Sodium 1145 mg

Ingredients

1 head cauliflower, cut into florets
3 tbsps olive oil
salt and ground black pepper to taste
4 cloves garlic
1/4 C. butter
2 stalks celery

1 leek - split, cleaned, and minced
1/4 C. all-purpose flour
4 C. chicken broth
1 tsp dried marjoram

Directions

1. Set your oven to 400 degrees F before doing anything else and grease a baking sheet.
2. In a bowl, add cauliflower and drizzle with oil and sprinkle with salt and black pepper.
3. Spread the cauliflower and garlic into the prepared baking sheet and Cook everything in the oven for about 15 minutes.
4. Flip the cauliflower and garlic and sauté for about 10 minutes.
5. In a large pan, melt butter on medium heat and sauté the leeks and celery for about 5 minutes or till softened.
6. Stir in the flour and cook, stirring continuously for about 2-3 minutes.
7. Add the broth, stirring continuously till well combined.
8. Stir in the cauliflower mixture and marjoram and bring to a gentle simmer and cook for about 10 minutes.
9. Remove everything from the heat and with an immersion blender, puree the soup to the desired consistency.
10. Season with salt and black pepper and serve hot.

Peas and Parmesan Frittata



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 199.7 kcal

Cholesterol 330.1mg

Sodium 206.2mg

Carbohydrates 9.5g

Protein 12.5g mg

Ingredients

6 eggs
1/2 C. evaporated low-fat milk
20 g butter
1 medium leek, thinly sliced
2/3 C. frozen peas
2 medium tomatoes, thinly sliced

2 tbsps finely shredded parmesan cheese
salt
pepper

Directions

1. Get a bowl combine evaporated milk and eggs.
2. Stir the mix until it is smooth then add in the pepper and salt.
3. Begin to stir fry your leeks in butter until they are soft.
4. Then turn on your broiler.
5. Add the tomato and peas to the pan then add the eggs.
6. Set the heat to low and let the bottom of the eggs set.
7. Once the bottom has set top everything with parmesan and place the frittata under the broiler and for 4 mins.
8. Enjoy.

CARBONARA

Squash II



Prep Time: 20 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 4

Calories 370 kcal

Fat 16.4 g

Carbohydrates 37.2g

Protein 19.8 g

Cholesterol 168 mg

Sodium 756 mg

Ingredients

1 pinch sea salt, or to taste
1 pinch freshly ground black pepper, or to taste
1 large spaghetti squash, halved and seeded
3 eggs, beaten
1 C. freshly grated Parmesan cheese
3 tbsps chopped fresh parsley, plus extra for garnish

1/4 lb bacon, cut into 1/4-inch pieces
1 leek, cleaned and chopped
2 cloves garlic, minced
1/3 C. white wine
1 tbsp Parmesan cheese, or to taste, to garnish

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Coat the bottom of a casserole dish with some sea salt then lay your squash into the dish with the insides down.
3. Add in about a quarter of an inch of water to the dish and cook everything in the oven for 1.5 hours. Then scoop out the flesh of the squash into a colander.
4. Get a bowl, whisk: 3 tbsps parsley, parmesan, and eggs.
5. Begin to fry your bacon for 6 mins until browned then add in the leeks and cook them for 4 mins.
6. Combine the garlic and fry it for 2 mins.
7. Stir the mix then combine the white wine and cook everything for 6 mins or until a majority of the liquid reduces.
8. Now add in the squash and cook everything for 4 more mins.
9. Slowly combine in the egg mix and cook the mix for 4 mins then top everything with some parmesan, parsley, and pepper.
10. Enjoy.

Kale Quiche



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 110 kcal

Fat 7 g

Carbohydrates 4.1g

Protein 8 g

Cholesterol 106 mg

Sodium 217 mg

Ingredients

- 1 C. chopped kale
- 1 small leek, white and light green parts only, sliced
- 4 oz. halved cherry tomatoes
- 4 eggs
- 1 C. milk
- 4 oz. shredded Italian cheese blend
- 1 sprig fresh rosemary, finely chopped
- 1 pinch sea salt
- 1/8 tsp ground black pepper
- 1 tbsp grated Parmesan cheese

Directions

1. Oil a casserole dish and then set your oven to 375 degrees before doing anything else.
2. Steam your kale over some boiling water using a steamer insert and a large pot filled with 2 inches of water.
3. Steam the kale for about 7 mins until you find that it is soft.
4. Place the kale in a pie dish as well as the: tomatoes, and leeks.
5. Get a bowl, mix: black pepper, milk, sea salt, eggs, and cheese.
6. Top the tomatoes with the cheese mix and stir the contents a bit.
7. Cook the dish in the oven for 32 mins. Add a garnishing of parmesan and cook for 18 more mins.
8. Enjoy.

TURKEY Stir Fry



Prep Time: 20 mins

Total Time: 55 mins

Servings per Recipe: 8

Calories 162 kcal

Fat 8.2 g

Carbohydrates 9.8g

Protein 14.1 g

Cholesterol 42 mg

Sodium 93 mg



Ingredients

- 1 lb ground turkey
- 2 tbsps olive oil
- 1 leek, minced
- 1 red bell pepper, minced
- 1 carrot, peeled and minced
- 1 small zucchini, peeled and cut into small dice
- 4 crimini mushrooms, minced
- 1 lb baby kale, roughly chopped
- salt and ground black pepper to taste
- 1 dash Buffalo-style hot pepper sauce

Directions

1. Stir fry your turkey for 8 mins in oil and remove any excess oils and place everything in a bowl.
2. Now stir fry your bell peppers and leeks for 6 mins in olive oil then add the carrots and fry for 4 mins.
3. Combine the mushrooms and zucchini and continue cooking for 10 mins.
4. At this point everything should be soft.
5. Finally add the kale and let it cook down for 5 mins.
6. Add the turkey and toss it with the veggies. Combine in the pepper, hot sauce, and salt.
7. Enjoy.

Swiss Chard, Portobello and Leeks

 Prep Time: 20 mins
 Total Time: 1 hr

Servings per Recipe: 8
Calories 139 kcal
Fat 9.4 g
Carbohydrates 5.3g
Protein 9.3 g
Cholesterol 18 mg
Sodium 490 mg

Ingredients

2 tbsps olive oil	1 leek, diced
1 tsp crushed red pepper	1 C. chicken broth
1 clove garlic, crushed and diced	1 bunch Swiss chard, trimmed and diced
1 (8 oz.) package portobello mushrooms, stemmed and cut into 1/2-inch wide by 2-inch long pieces	2 C. grated Parmesan cheese

Directions

1. Stir fry the following for 4 mins: mushrooms, garlic, and red pepper.
2. Now add the leeks and cook everything for 7 more mins.
3. Pour in the broth as well as the chards.
4. Get this mix boiling and once it is, place a lid on the pot, set the heat to low, and let the contents cook for 12 mins.
5. Now take off the lid and cook the mix for 7 more mins so the liquid cooks out.
6. Top the dish with parmesan.
7. Enjoy.





RABBIT Casserole



Prep Time: 1 hr

Total Time: 2 hrs

Servings per Recipe: 4

Calories 1112 kcal

Fat 49.5 g

Carbohydrates 64.4g

Protein 97.3 g

Cholesterol 1254 mg

Sodium 1416 mg

Ingredients

2 (2 lb) rabbits, dressed and deboned,
bones reserved
1 tbsp mirepoix base
1/2 C. all-purpose flour
salt and freshly ground black pepper to
taste
1 tbsp vegetable oil
2 carrots, diced
1/2 onion, chopped
1 leek, chopped

1 turnip, diced
2 medium potatoes - peeled and cubed
1/2 lb smoked bacon, cubed
1 tbsp tomato puree
2 tbsps vegetable oil
3 slices white bread
1 tbsp chopped fresh parsley

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Coat your bones with the mirepoix mix and layer everything into a casserole dish. Cook the rabbit bones for 35 mins.
3. Now add the bones to a saucepan, and cover them in water. Boil the bones for 40 mins.
4. Get a bowl, combine: pepper, salt, and flour. Coat the rabbit meat with this mix. Now fry your rabbit in 2 tbsp of oil until browned, place the meat to the side.
5. Add the following to a casserole dish: potatoes, carrots, turnip, bacon, leeks, and onions.
6. Layer the meat over the veggies.
7. Get a 2nd bowl, combine: tomato puree and rabbit stock. Pour this meat into the casserole dish. Place a covering of foil around the dish and set the oven to 350 degrees.
8. Cook everything for 65 mins.
9. Now remove the crusts from the bread and cut them into cubes. Fry the cubes in 2 tbsp of oil until brown. Once the rabbit is finished top it with parsley and the bread.
10. Enjoy.

Swiss Chard, Peppers, Kale, and Leeks



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 132 kcal

Fat 7.3 g

Carbohydrates 14.9 g

Protein 3.2 g

Cholesterol 0 mg

Sodium 524 mg

Ingredients

- 1/4 C. olive oil
- 1 bunch lacinato kale, diced
- 1 bunch green Swiss chard, diced
- 1 bunch rainbow chard, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1 leek, diced
- sea salt to taste
- 1/2 C. sweet and spicy stir-fry seasoning sauce

Directions

1. Stir fry the following for 14 mins: stir fry seasoning, kale, salt, Swiss chard, leeks, rainbow chards, and bell peppers.
2. Add some pepper and salt.
3. Enjoy.

ARTISAN Asparagus Soup



Prep Time: 25 mins



Total Time: 1 hr

Servings per Recipe: 10

Calories 194 kcal

Fat 13.8 g

Carbohydrates 16.1g

Protein 3.6 g

Cholesterol 45 mg

Sodium 1014 mg

Ingredients

1/4 C. butter
1 lb. leeks, chopped
1 onion, chopped
2 quarts water
3 large potatoes, chopped
2 large carrots, chopped
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
1/3 C. uncooked long-grain white rice
4 tsps salt
1/2 lb. fresh spinach
1 C. heavy cream

Directions

1. Stir fry your onions and leeks in butter until soft. Then add in your water and: rice, potatoes, asparagus, and carrots.
2. Get everything boiling and then lower the heat to a light boil.
3. Let the contents cook uncovered for 32 mins.
4. Add in spinach and cream and stir for a bit and then cook for 7 more mins.
5. Enjoy hot.

Pumpkin Soup



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories	288
Fat	11.1g
Cholesterol	7mg
Sodium	1820mg
Carbohydrates	44.3g
Protein	7.1g

Ingredients

1/3 cup olive oil
2 carrots, peeled and chopped
2 leeks (light green and white parts),
sliced thinly
9 C. chicken broth
5 small red potatoes, chopped
1/4 tsp ground cloves

1 1/2 tsp salt
Freshly ground black pepper, to taste
2 (16 oz.) cans pumpkin puree
1/2 C. milk
1 (16 oz.) package frozen whole corn kernels
1 tbsp fresh parsley, minced

Directions

1. In a large soup pan, heat oil on medium heat.
2. Add carrots and leeks and sauté for about 5-10 minutes.
3. Pour broth and bring to a boil. Stir in potatoes, ground clove and seasoning and again bring to a boil.
4. Cook for about 15 minutes or till potatoes become tender.
5. In a large bowl, add pumpkin puree and 1 cup of hot soup and mix till well combined.
6. Add pumpkin puree mixture, milk and corns in the soup and stir to combine.
7. Cook for about 5 minutes more.
8. Serve hot with the garnishing of parsley.

HAZELNUT and Mushrooms Stuffing



Prep Time: 25 mins



Total Time: 2 hrs

Servings per Recipe: 16

Calories 282

Fat 13.3g

Cholesterol 60mg

Sodium 308mg

Carbohydrates 16.7g

Protein 3.1g

Ingredients

- 1 oz. dried porcini mushrooms
- 2 C. hot water
- 1 $\frac{3}{4}$ lb. egg bread, trimmed and cubed into $\frac{3}{4}$ -inch size
- 1 C. hazelnuts, chopped
- 1/3 C. unsalted butter
- $\frac{1}{2}$ lb. shiitake mushrooms, sliced
- 1 $\frac{1}{4}$ lb. crimini mushrooms, sliced
- 1 C. shallots, chopped
- 3 leeks, chopped
- 2 C. celery stalk, chopped
- 2 tbsp fresh sage, chopped
- 3 tbsp fresh thyme, chopped
- 1 C. fresh parsley, chopped
- Salt and freshly ground black pepper, to taste
- 2 eggs, beaten lightly
- $\frac{3}{4}$ C. chicken broth

Directions

1. In a bowl, add dried porcini mushrooms and hot water. Cover and soak for about 30 minutes.
2. Drain the mushrooms, reserving the liquid. Then chop the mushrooms.
3. Set your oven to 325 degrees F. Grease a 15x10-inch baking dish.
4. Place bread cubes in a large baking sheet in a single layer.
5. Place hazelnut in another baking sheet in single layer.
6. Bake hazelnuts for 8-10 minutes and bread cubes for about 15 minutes.
7. In a large skillet, melt butter on medium heat.
8. Add shiitake mushrooms, crimini mushrooms, shallots and leeks and cook for about 15 minutes.
9. Add porcini mushrooms and celery and cook for about 5 minutes.
10. Remove from heat and transfer into a large bowl.

11. Add bread cubes, hazelnut, herbs, seasoning and eggs and mix well.
12. In another bowl, mix broth and $\frac{1}{2}$ - $\frac{3}{4}$ cup of reserved liquid.
13. Add broth mixture in bowl with mushroom mixture and mix till well combined.
14. Now, place the mixture in prepared baking dish.
15. Bake for about 1 hour or till golden brown.



RIVERSIDE

Paella



Prep Time: 1 hr



Total Time: 1 hr 55 mins

Servings per Recipe: 6

Calories 873.9

Fat 38.9g

Cholesterol 83.9mg

Sodium 1021.5mg

Carbohydrates 88.7g

Protein 34.4g

Ingredients

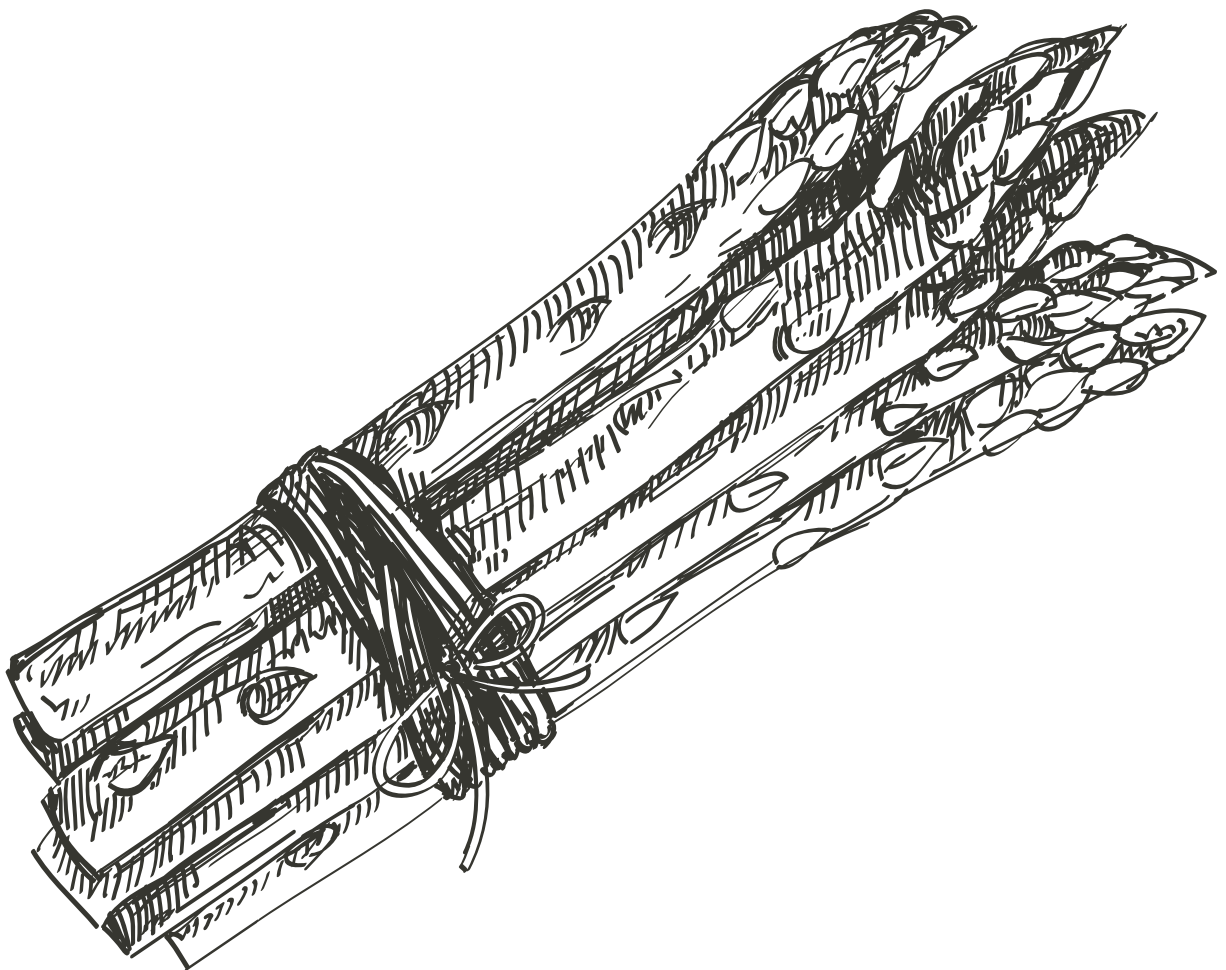
5 C. chicken broth
1/4 tsp. saffron thread
1 1/2 lbs. loin lamb, trimmed fat
1/2 tsp. salt
1/2 tsp. ground black pepper
3 tbsp. olive oil
6 ounces thick-cut pancetta, diced
1 large leek, halved lengthwise then sliced

8 baby artichokes, halved, outer leaves removed, stems trimmed
1 C. dry light white wine
2 tbsp. chopped rosemary
2 1/2 C. Arborio rice
1 1/2 C. shelled peas

Directions

1. Place the saffron and broth in a pot and heat well. Reduce the heat, cover with lid and maintain the warmth.
2. Place the oven rack in the middle of the oven and before you do anything set the oven to 375F. Rub salt and pepper on lamb loin.
3. Pour olive oil into a skillet and sauté the loin for 7 minutes until a slight brown on all sides; remove the loin to a platter and leave aside.
4. Stir in the pancetta to the skillet, stir often and leave for 5 minutes until a slight brown in color.
5. Toss in the leeks and leave for 4 minutes until soft.
6. Add the baby artichoke halves and leave for 2 minutes until fragrant.
7. Stir in the rosemary and wine; allow the mixture to simmer ensuring to scrape up any food pieces stuck to the bottom of the pan.
8. Leave for 6 minutes until the sauce becomes thick in consistency; stir the mixture occasionally.
9. Fold in the rice and leave for 2 minutes allowing the rice to coat evenly with the sauce.

10. Stir in the warm broth mix and allow to simmer.
11. Lower the heat, uncover and allow to simmer for 12 minutes stirring once in a while.
12. Cut the lamb into 1" parts.
13. Once the rice has cooked in 12 minutes, fold in the lamb parts into the bubbling sauce. Sprinkle peas on top.
14. Place in the preheated oven and leave for about 16 minutes until the liquid becomes dry and the rice is soft and tender.
15. Take out from the oven, place on a wire rack, cover with the use of a foil, and leave for 12 minutes to come to room temperature prior to serving.
16. Enjoy.



COUNTRY

Chicken with Mushrooms



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 336.3

Fat 19.3g

Cholesterol 114.5mg

Sodium 351.8mg

Carbohydrates 10.5g

Protein 30.1g

Ingredients

4 boneless skinless chicken thighs
2 tbsp olive oil
1 C. sliced leek
1 C. sliced mushrooms
2 tbsp tomato paste
1/4 C. chicken broth
seasoned salt
garlic salt
pepper

Directions

1. Season the chicken with the garlic salt, seasoned salt and pepper.
2. In a non-stick skillet, add the oil and cook until heated through.
3. Add the chicken and sear until browned completely.
4. Add the mushrooms, leeks, tomato paste and broth and cook until boiling.
5. Set the heat to low and cook, covered for about 18-20 minutes.
6. Remove from the heat and enjoy hot.

Famous Chinese Veggie Stir Fry



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 406 kcal

Fat 6.2 g

Carbohydrates 79.5g

Protein 8.3 g

Cholesterol 0 mg

Sodium 120 mg

Ingredients

2 C. uncooked brown rice
4 C. water
1 tbsp safflower oil
1/3 C. leeks, chopped
2 cloves garlic
1 tsp minced fresh ginger root
1 C. zucchini, chopped

1 C. carrots, chopped
1 C. yellow squash, chopped
sea salt to taste

Directions

1. In a large pan of the water, add the rice on high heat and bring to a boil.
2. Reduce the heat to medium - low and simmer, covered for about 45-50 minutes.
3. In a wok, heat the safflower oil on medium heat and cook the leeks, ginger and garlic for about 5 minutes.
4. Stir in the zucchini, carrots, yellow squash and salt and stir fry for about 2 minutes.
5. Serve over the brown rice.





SALMA'S Potato Soup



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 223.6

Fat 14.5g

Cholesterol 37.1mg

Sodium 640.5mg

Carbohydrates 20.3g

Protein 4.2g

Ingredients

3/4 lb. leek, roots, dark green tops and tough outer leaves removed
1 lb. baking potato, peeled and cut into chunks
2 tsp kosher salt
3/4 tsp dried oregano
3/4 tsp dried thyme
1/4 tsp ground black pepper
1 bay leaf
2 tbsp extra virgin olive oil

1 tsp soy sauce
1 1/3 C. chicken broth
1 1/2 C. half-and-half
1/2 C. whipping cream
2 tbsp green onions, sliced, green part only

Directions

1. Cut each leek in half lengthwise and then into 1/4-inch slices crosswise.
2. Rinse the leeks completely.
3. In a pot, add half of leeks, potatoes, oregano, thyme, bay leaf, salt, black pepper and 3 C. of the water over high heat and cook until boiling.
4. Set the heat to low and cook, covered for about 4-5 minutes.
5. Discard the bay leaf.
6. Meanwhile, in a non-stick skillet, add the oil over medium heat and cook until heated through.
7. Add the remaining leeks and cook for about 11-12 minutes, mixing frequently.
8. Stir in the soy sauce and cook for about 1-2 minutes, mixing all the time.
9. Remove from the heat and place the leek mixture into the simmering potato mixture.
10. Stir in the broth and remove from the heat
11. Keep aside to cool slightly.
12. In a blender, add the soup in batches and pulse until smooth.

13. Place the pureed soup into the same pan and stir in the heavy cream and half-and-half.
14. Place the pan over low heat and cook until heated completely, mixing often.
15. Enjoy hot with a garnishing of the green onion slices.



OMEGA-3 Pot Pie



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 5

Calories 565 kcal

Fat 45.5 g

Carbohydrates 25.1g

Protein 15.2 g

Cholesterol 153 mg

Sodium 784 mg

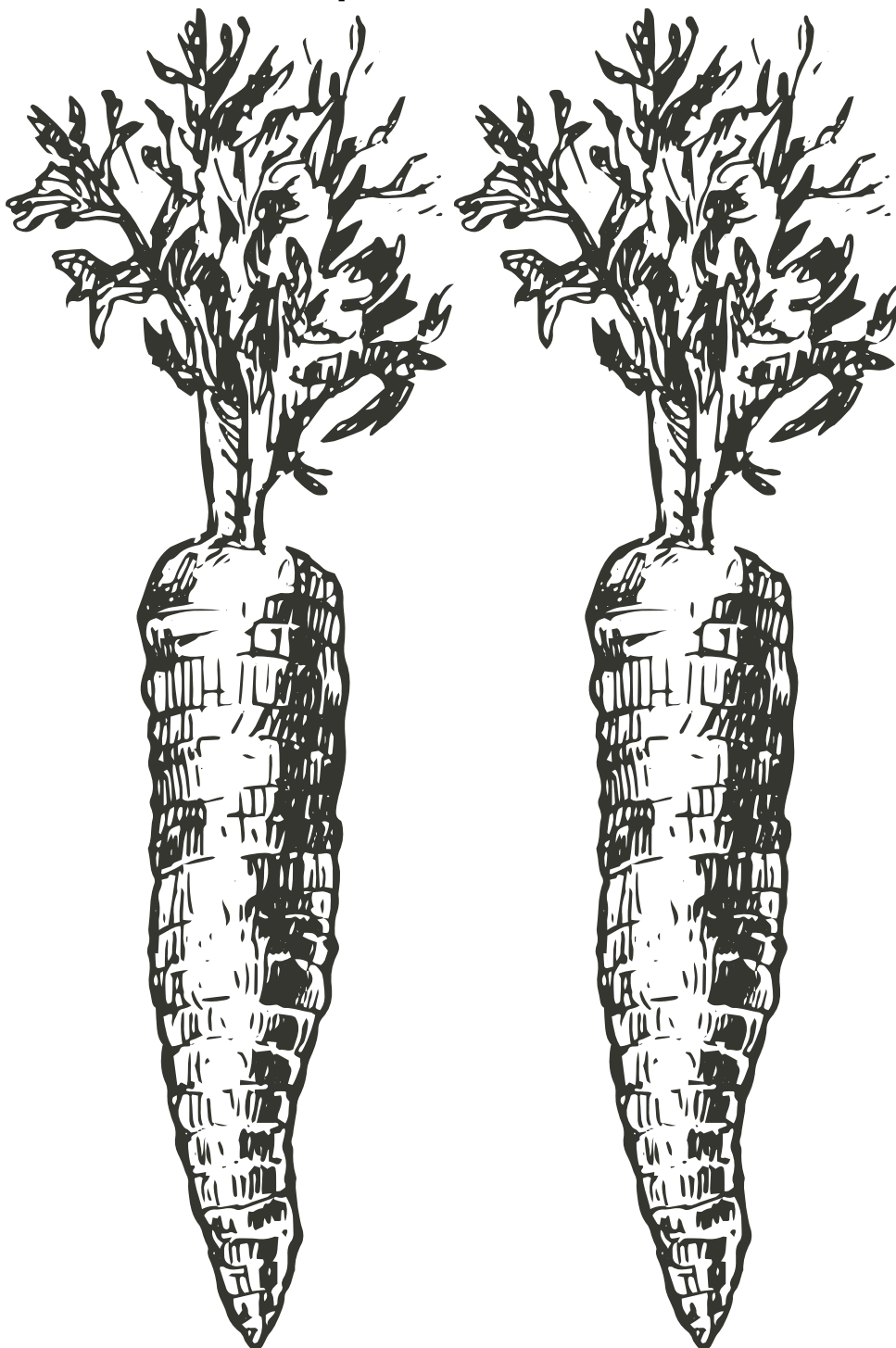
Ingredients

- 3 C. clam juice
- 1 (3 oz.) salmon fillet, skin removed
- 1 tbsp olive oil
- 2 tbsp butter
- 1 carrot, peeled and diced
- 1 stalk celery, diced
- 1 small leek, diced
- 1 shallot, minced
- 3 tbsp all-purpose flour
- 1 C. heavy whipping cream
- 3 tbsp chopped fresh dill
- 1/2 lemon, juiced
- salt and ground black pepper to taste
- 10 medium shrimp, peeled and deveined
- 1 1/2 oz. smoked salmon, chopped
- 1/2 sheet frozen puff pastry, thawed

Directions

1. Set your oven to 425 degrees F and grease 2 (2-C.) baking dishes.
2. In a small pan, add the clam juice and bring to a gentle boil.
3. Add the salmon fillet and poach for about 10 minutes.
4. Transfer the salmon onto a plate, reserving the poaching liquid.
5. In a skillet, heat the olive oil and butter on medium heat and cook the carrot, celery, shallots and leek for about 5 minutes.
6. Stir in the flour and cook for about 5 minutes.
7. Stir in the reserved poaching liquid and cream and simmer for about 3 minutes, stirring occasionally.
8. Stir in the dill, lemon juice, salt and pepper and remove from the heat.
9. with a spoon, break the salmon fillet into bite-sized pieces.
10. Divide the salmon pieces into the prepared baking dishes evenly and top with 1/3 the sauce.
11. Place 5 shrimp into each dish and top with 1/3 of the the sauce.

12. Now, place smoked salmon into each dish evenly and top with remaining 1/3 of the sauce.
13. Place the puff pastry sheet on a lightly floured surface and roll into 1/8-inch thickness.
14. Cut 2 pastry circles large enough to cover the baking dishes.
15. Place 1 circle over each filling in baking dishes.
16. Arrange the dishes onto a baking sheet and cook in the oven for about 15 minutes.
17. Remove from the oven and keep aside to cool for about 5 minutes before serving.



WESTERN EUROPEAN

Soufflé



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 361.3

Fat 19.4g

Cholesterol 83.1mg

Sodium 382.0mg

Carbohydrates 19.8g

Protein 26.3g

Ingredients

20 g butter

1 leek, sliced

20 g butter, extra

1/4 C. flour

1/3 C. water

375 ml carnation light & creamy
evaporated milk

2 tbsp chopped parsley

210 g salmon, drained and flaked
salt & pepper

1/4 C. grated Parmesan cheese

6 egg whites

Directions

1. Set your oven to 390 degrees F before doing anything else and grease a 4 (1-C.) soufflé dishes.
2. In a pan, melt the butter and cook the leek for about 5 minutes.
3. Transfer the leek into a bowl and keep aside.
4. In the same pan, melt the extra butter.
5. Stir in the flour and water until smooth paste is formed.
6. Stir in the evaporated milk and bring to boil stirring continuously.
7. Remove from the heat and stir in the salmon, Parmesan, leek, parsley, salt and pepper.
8. In a small bowl, add the egg whites and beat until stiff peaks form.
9. Fold the whipped egg whites into the soufflé mixture.
10. Divide the mixture into the prepared soufflé dishes evenly.
11. Cook in the oven for about 20 minutes.

Potato Soufflé



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 180.2

Fat 0.2g

Cholesterol 0.1mg

Sodium 313.6mg

Carbohydrates 40.7g

Protein 4.8g

Ingredients

4 potatoes, peeled and cut into chunks
1 leek, cleaned and sliced
1 1/2 C. hot water
1/2 tsp salt
fresh ground pepper
2 tbsp nonfat milk

Directions

1. In a pan, add the potatoes and enough water to cover and bring to a boil.
2. Reduce the heat and simmer for about 10 minutes.
3. Drain the potatoes, reserving 1/4 C. of the cooking liquid.
4. Heat a medium, greased nonstick skillet over medium-high heat and cook the
5. leek, hot water, salt and pepper until all the liquid is absorbed, stirring occasionally.
6. With a potato masher, mash the potatoes into a bowl.
7. Add the milk and the reserved cooking liquid, one tbsp at a time and mix until fluffy.
8. Stir in the cooked leek.
9. Transfer the mixture into a greased 1-quart soufflé dish and keep aside, covered up to 2 hours.
10. Set your oven to 450 degrees F.
11. Cook, uncovered in the oven for about 30 minutes.

LATIN LEEKS

with Sweet Vinaigrette



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 234.7

Fat 15.2g

Cholesterol 3.8mg

Sodium 25.6mg

Carbohydrates 23.2g

Protein 1.5g

Ingredients

4 leeks
4 -6 tbsp olive oil
1/2 tbsp unsalted butter
kosher salt & freshly ground black pepper, to taste

Vinaigrette:

1/2 C. balsamic vinegar, good quality
5 tsp sugar

Directions

1. Place a heavy saucepan over medium heat: Whisk in it the balsamic vinegar and sugar. Heat it until it dissolves.
2. Cook the mix until it starts simmering. Keep cooking it for 8 min until it reduces by 4 tbsp at least.
3. Slice the leeks in half lengthwise and rinse them well. Slice them into strips.
4. Place a large pan over medium heat. Heat the butter with oil in it. Sauté in it the leeks for 16 to 20 min.
5. Serve your butter leek with the sweet vinegar.
6. Enjoy.

Vegetable Fiesta



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 266.3

Fat 5.4g

Cholesterol 0.0mg

Sodium 32.5mg

Carbohydrates 43.5g

Protein 11.6g

Ingredients

2 tbsp olive oil
1/4 tsp red pepper flakes
1 tsp ground cumin
1 tsp ground thyme
2 medium sweet potatoes, peeled and chopped
1 large leek, cut into 1/2-inch slices (white part only)
1 red bell pepper, cut lengthwise into 1/2-inch slices
1 yellow bell pepper, cut lengthwise into 1/2-inch slices

1 medium yellow onion, sliced into 1/2-inch crescents
1 tbsp dark rum
2 tbsp fresh lime juice
1 large tomatoes, cut lengthwise into 1/2-inch slices
nonstick cooking spray
2 (16 oz) cans black beans, drained and rinsed
fresh cilantro, chopped
cooked rice (optional)

Directions

1. Place a pot over medium heat. Heat the oil in it.
2. Sauté in it the pepper flakes, cumin, and thyme for 30 sec. Stir in the sweet potato and let them cook for 6 min.
3. Stir in the leek and let them cook for another 6 min. Add the bell peppers with onion and let them cook for 6 min.
4. Stir in the lime juice with rum and let them cook for 7 min. Add the tomato with beans and cook them for 4 min.
5. Serve your fiesta stew warm with some rice.
6. Enjoy.

SWEET LEEKS and Brussels Sprouts



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 8

Calories 123.3

Fat 5.4g

Cholesterol 0.0mg

Sodium 29.5mg

Carbohydrates 18.1g

Protein 3.8g

Ingredients

1 large leek, trimmed and julienned
3 tbsp olive oil, divided
30 oz. Brussels sprouts, trimmed and halved
1/3 C. dried cranberries
3 tbsp honey
3 tbsp walnuts

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Stir the leeks with 1 1 tbsp of oil in a baking tray.
3. surround it with the brussels sprouts then season them with a pinch of salt and pepper.
4. Bake them for 22 min.
5. Transfer them to a mixing bowl and add to them the remaining ingredients.
6. Stir them to coat and serve them right away.
7. Enjoy.

Wonda's Award Winning Quiche



Prep Time: 30 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 377.3

Fat 25.0g

Cholesterol 190.9mg

Sodium 427.1mg

Carbohydrates 26.4g

Protein 13.2g

Ingredients

1 tbsp butter	1/2 C. cream
1/2 C. vegetable stock	6 eggs, beaten
2 leeks, washed and chopped	salt
1 large onion, diced	pepper
30 Brussels sprouts, peeled and quartered	1 (30 cm) unbaked pie shells
2 garlic cloves, minced	
1 spring onion, sliced	
1 tbsp herbs de Provence	
5 oz. Philadelphia Cream Cheese	
1 C. cheese, grated	

Directions

1. Place a large skillet over medium heat.
2. Combine in it the onion with butter, stock, leeks, brussels sprouts, garlic, spring onion, and herbs de Provence.
3. Cook them for 8 min while stirring them often. Turn off the heat and let them cool down for a while.
4. Stir in the cream cheese with cheese, cream, eggs, a pinch of salt and pepper.
5. Spoon the mixture into the pie shell. Bake it for 42 min.
6. Serve your pie warm.
7. Enjoy.





RHODE ISLAND Gratin



Prep Time: 30 mins

Total Time: 1 hr 25 mins

Servings per Recipe: 6

Calories 180.6

Fat 2.4g

Cholesterol 5.9mg

Sodium 321.1mg

Carbohydrates 30.5g

Protein 10.9g



Ingredients

- 6 C. cabbage, chopped
- 3 medium potatoes, unpeeled, cubed
- 2 C. carrots, sliced
- 1 1/2 C. leeks, white part only, sliced
- 1 tsp caraway seed
- 2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 C. water
- 6 oz. shredded low-fat cheddar cheese

Directions

1. In a Dutch oven, add the potatoes, carrots, cabbage, leeks, spices and water over medium heat and cook until boiling, mixing often.
2. Set the heat to low and cook, covered for about 28-30 minutes.
3. Meanwhile, set your oven to 350 degrees F.
4. remove the pan from the heat and top the vegetable mixture with the cheese evenly.
5. Cover the pan and cook in the oven for about 25 minutes.
6. Enjoy hot.

New England Clam Bowls

 Prep Time: 10 mins
 Total Time: 50 mins

Servings per Recipe: 3

Calories	436.0
Fat	26.5g
Cholesterol	110.1mg
Sodium	1986.9mg
Carbohydrates	30.1g
Protein	20.2g

Ingredients

2 tbsp butter
1 C. diced onion
1/2 C. diced celery
1/2 C. diced leek
1/4 tsp chopped garlic
2 tbsp flour
1 quart milk
1 C. minced clams with juice
1 C. diced potato

1 tbsp salt
1/4 tsp white pepper
1 tsp dried thyme
1/2 C. heavy cream

Directions

1. In a pan, add the butter over medium heat until heated.
2. Add the celery, leeks, onion and garlic and stir fry for about 3 minutes, stirring occasionally.
3. Remove from the heat and immediately, add the flour, stirring continuously until well combined.
4. Add the milk, beating continuously until smooth.
5. Drain the clams and add the juice into the soup.
6. Cook until boiling, mixing continuously.
7. Add the potatoes and seasonings and stir to combine.
8. Set the heat to low and cook for about 9-10 minutes.
9. Stir in the clams and cook for about 6-8 minutes.
10. Stir in the heavy cream and enjoy.

EASY

Irish Colcannon



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 196.4

Fat 8.2g

Cholesterol 7.6mg

Sodium 69.6mg

Carbohydrates 28.9g

Protein 3.2g

Ingredients

1 1/2-2 tbsp oil

1 tbsp butter

1 leek, removed stem and dark green part and cut into slices crosswise

2 garlic cloves, minced

1 1/2 C. green cabbage, cut into pieces

2 1/2 C. boiling water, separated

1 tsp vegetable bouillon

1 (4 1/8 oz.) packages instant mashed potatoes

Directions

1. In a bowl, add the bouillon and 1 C. of the boiling water and mix until well combined.
2. In a heavy-bottomed pan, add the oil and butter over medium heat and cook until heated through.
3. Add the cabbage, leek and garlic and cook for about 4-5 minutes, mixing occasionally.
4. Add the remaining boiling water and bouillon mixture and cook until boiling.
5. Remove from the heat and stir in the mashed potatoes, salt and pepper.
6. Keep aside, covered for about 5 minutes.
7. Uncover and stir well.
8. Enjoy hot.

Roasted Cherry Seafood Soup



Prep Time: 40 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 6

Calories 330.1

Fat 9.5 g

Cholesterol 156.6 mg

Sodium 854.7 mg

Carbohydrates 19.3 g

Protein 38.1 g

Ingredients

10 plum tomatoes, ripe or 1 (15 oz) can
diced fire-roasted tomatoes, undrained
3 tbsp olive oil
3 large
, finely chopped
1 leek, trimmed, chopped
1 red bell peppers seeded and chopped or
1 bottled roasted red pepper, diced
6 garlic cloves, finely chopped
1 quart vegetable broth
8 oz clam juice or 8 oz water
1/2 C. dry white wine

1/4 C. tomato paste
1 tsp sea salt
3/4 tsp paprika
24 clams, cherrystones, scrubbed clean
1/2 lb shrimp, peeled, deveined
1 lb white fish fillet
1/2 lb bay scallop

Directions

1. Preheat the broiler of the oven. Cover a baking sheet with a piece of foil Place the tomatoes in it then coo them in the broiler for 14 min while flipping them halfway through cooking.
2. Place the tomatoes aside to lose heat. Peel them and chop them.
3. Place a soup pot over medium heat. heat the oil in it. Sauté in it the shallot with leek for 6 min. Add the bell pepper with garlic and cook them for 2 min.
4. Stir in the tomatoes, broth, clam juice, wine, tomato paste, salt and paprika. Lower the heat and cook the soup for 16 min.
5. Stir in the clams and cook them for 4 min. Stir in the fish with shrimp and cook them for 3 min.
6. Stir in the scallops and cook them for 3 min. Serve your soup hot.
7. Enjoy.

MONDAY'S Irish Dinner Gnocchi



Prep Time: 20 mins

Total Time: 30 mins

Servings per Recipe: 10

Calories 369.9

Fat 23.1g

Cholesterol 83.6mg

Sodium 420.1mg

Carbohydrates 15.5g

Protein 24.7g

Ingredients

2 lbs potato gnocchi
8 oz. turkey bacon, coarsely chopped
4 C. leeks, ends trimmed, halved lengthwise, thinly sliced
3 oz. unsalted butter
2 oz. all-purpose flour
3 1/4 C. skim milk
1 1/2 oz. shredded parmesan cheese
3 oz. grated cheddar cheese
3 C. cooked boneless skinless chicken breasts, shredded
12 oz. baby spinach leaves

Directions

1. Prepare the gnocchi according to package directions.
2. Heat a large skillet on medium-high heat and cook the bacon till browned completely.
3. Transfer the bacon onto a plate, reserving the grease in the skillet.
4. In the same skillet, sauté the leeks in bacon grease till soft.
5. In medium pan, melt the butter on medium heat.
6. Add the flour, beating continuously.
7. Add the milk and bring to a boil, stirring continuously.
8. Add the cheeses and stir till melted completely.
9. Transfer the cheese sauce in a large bowl.
10. Add remaining ingredients and stir well.

Country Style Mussels with Leeks



Prep Time: 25 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 528.1

Fat 30.1g

Cholesterol 135.6mg

Sodium 892.3mg

Carbohydrates 22.5g

Protein 35.7g

Ingredients

3 medium leeks, cleaned and roughly chopped
3 garlic cloves, finely diced
2 tbsp olive oil
2 tbsp butter
3 oz. white wine

1/4 pint heavy cream
2 1/2 lbs mussels, cleaned
1/4 C. parsley, roughly chopped

Directions

1. In a large pan, heat the oil and butter and sauté the garlic and leeks for about 5 minutes.
2. Stir in the wine and increase the heat and cook for about 1 minute.
3. Stir in the cream and bring to a boil.
4. Add the mussels and cook, covered till all the mussels have opened.
5. Discard any unopened mussels.
6. Serve alongside crusty bread.

VIKING

Noodle Soup



Prep Time: 10 mins



Total Time: 36 mins

Servings per Recipe: 4

Calories 536.3

Fat 12.8g

Cholesterol 115.7mg

Sodium 629.1mg

Carbohydrates 55.8g

Protein 51.1g

Ingredients



2 tsp olive oil or 2 tsp vegetable oil
2 leeks, cleaned and chopped
2 carrots, peeled and chopped
1 garlic clove, minced
1 stalk celery, chopped
3 - 4 C. cooked turkey, shredded
2 - 3 bay leaves
2 tsp dried thyme
1/2 tsp salt

1/4 tsp fresh ground black pepper
8 C. reduced -
chicken broth
6 oz. egg noodles, uncooked
1 C. frozen green pea
2 tbsp fresh parsley leaves, chopped

Directions

1. In a large pan, heat the oil on medium heat, sauté the carrots, celery, leeks and garlic for about 4 minutes.
2. Stir in the turkey, thyme, bay leaves and black pepper.
3. Add the broth and bring to a boil.
4. Reduce the heat to medium - low and simmer, covered partially for about 10 minutes.
5. Uncover and again bring to a boil, then stir in the noodles.
6. Simmer for about 10 minutes.
7. Stir in the peas and simmer for about 1 minute.
8. Remove everything from the heat and discard the bay leaves.
9. Stir in the parsley and serve

Marseille Mussels Stew (Bouillabaisse)

 Prep Time: 15 mins
 Total Time: 40 mins

Servings per Recipe: 12
Calories 365 kcal
Fat 18 g
Carbohydrates 6g
Protein 42.9 g
Cholesterol 124 mg
Sodium 203 mg

Ingredients

3/4 C. olive oil	3/4 lb. mussels, cleaned and debearded
2 onions, thinly sliced	9 C. boiling water
2 leeks, sliced	salt and pepper to taste
3 tomatoes - peeled, seeded and chopped	5 lb. sea bass
4 cloves garlic, minced	1 pinch saffron threads
1 sprig fennel leaf	3/4 lb. fresh shrimp, peeled and deveined
1 sprig fresh thyme	
1 bay leaf	
1 tsp orange zest	

Directions

1. In a large pan, heat the oil on low heat and sauté the leeks, onions, tomatoes and garlic till tender.
2. Stir in the mussels, fennel, orange zest, thyme, bay leaf, salt, black pepper and boiling water and increase the heat to high.
3. Boil for about 3 minutes.
4. Stir in the fish and shrimp and reduce the heat to medium and simmer for about 12-15 minutes.
5. Stir in the saffron and serve immediately.

SONIA'S Stuffed Mushrooms



Prep Time: 5 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 91.5

Fat 6.6g

Cholesterol 6.4mg

Sodium 102.0mg

Carbohydrates 5.4g

Protein 3.8g

Ingredients

2 tbsp butter	4 flat mushrooms
1 large leek, sliced	1.5 oz. dolce latte cheese, crumbled
1 oz. walnuts, chopped	

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Place a pan over medium heat. Heat in it the butter. Cook in it the leek for 3 min.
3. Stir in the nuts and cook them for 60 sec.
4. Lay the mushrooms on a baking tray. Drizzle over it the leek and nut mixture. Sprinkle the cheese on top.
5. Place the tray in the oven and let them cook for 16 to 22 min. Serve it warm.
6. Enjoy.

Mushroom Cheese Tart



Prep Time: 25 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 391.9

Fat 32.2g

Cholesterol 191.9mg

Sodium 379.7mg

Carbohydrates 11.6g

Protein 14.9g

Ingredients

- 1 1/2 C. bread cubes
- 3 tbsp butter
- 3 tbsp olive oil
- 2 medium garlic cloves, minced
- 1 C. leek, cleaned and chopped
- 3 C. mushrooms, sliced
- 1 tbsp dill
- salt and pepper
- 4 oz. cream cheese, cubed
- 1 1/4 C. sharp cheddar cheese, grated
- 4 eggs
- 1 1/4 C. milk

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Spread the bread dices on a lined up baking tray. Cook them in the oven for 2 to 4 min until they become crisp.
3. Place a pan over medium heat. Heat in it 2 tbsp of butter and 2 tbsp of oil. Cook in it the garlic for 1 min.
4. Stir in the toasted bread. Drain it and place it aside.
5. Heat the remaining oil and butter in the same pan. Cook in it the leeks for 3 min.
6. Stir in the spices with mushroom. Cook them for 6 min.
7. Spread the toasted breadcrumbs in a greased casserole dish. Spread over it the cream cheese followed by the mushroom mixture.
8. Sprinkle the cheddar cheese on top.
9. Get a mixing bowl: Whisk in it the eggs with milk, a pinch of salt and pepper. Pour the mixture all over the cheese layer.
10. Place the casserole in the oven and cook it for 32 min. Serve it hot.
11. Enjoy.





NEW ENGLAND Salmon



Prep Time: 15 mins



Total Time: 33 mins

Servings per Recipe: 4

Calories 196.6

Fat 6.9g

Cholesterol 52.3mg

Sodium 228.7mg

Carbohydrates 8.8g

Protein 24.5g

Ingredients

- 1 tsp vegetable oil
- 2 C. shiitake mushrooms, sliced
- 2 leeks, sliced
- 1/4 tsp black pepper
- 1 (1 - 1 1/2 lb.) salmon fillet, skin removed, cut in 4 pieces
- 1 tbsp ginger, chopped
- 1 tbsp low sodium soy sauce
- 1/2 tsp sesame oil
- 1 garlic clove, chopped
- 1 green onion, sliced
- 1 lemon, quartered

Directions

1. Place a pan over medium heat. Heat in it the oil. Cook in it the leeks with mushroom, and a pinch of salt.
2. Cook them for 9 min. Stir in the salmon fillets.
3. Get a mixing bowl: Whisk in it the ginger, soy sauce, sesame oil and garlic. Drizzle it all over the salmon.
4. Put on the lid and let them cook for 12 min over low heat.
5. Top it with green onion and lemon quarters. Serve it warm.
6. Enjoy.

Dairy-Free Gravy



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 37.8

Fat 0.7g

Cholesterol 0.0mg

Sodium 378.5mg

Carbohydrates 4.7g

Protein 2.9g

Ingredients

2 C. chicken broth

1 leek, sliced

1 garlic clove, minced

1 shallot, sliced

1 tsp salt

1/2 tsp pepper

Directions

1. In a pan, add all the ingredients and cook until boiling.
2. Set the heat to low and cook for about 1 hour.
3. Remove from the heat and with a slotted spoon, remove fat from top surface.
4. With an immersion blender, blend the gravy until desired texture is achieved.
5. Enjoy.

BAVARIAN Veggie Soup



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 8

Calories 187.4

Fat 9.0g

Cholesterol 22.9mg

Sodium 48.3mg

Carbohydrates 25.2g

Protein 3.9g

Ingredients

6 tbsp unsalted butter
4 carrots, cut into 3/8 inch thick rounds
salt & freshly ground black pepper
1/4 C. finely chopped fresh parsley leaves
1 large celery root, peeled and sliced 1/4 inch thick
1 parsley root, peeled and sliced 1/4 inch thick
4 leeks, split lengthwise, washed well, and sliced
1 small cauliflower, broken into florets

1/2 lb. sugar snap pea, tough strings removed
1/2 lb. green beans, ends trimmed and cut into 1 inch pieces
1/2 head savoy cabbage, damaged outer leaves discarded, cored, and thinly sliced
1 lb. potato, peeled and sliced 1/4 inch thick
1 1/2 C. water

Directions

1. In a large casserole, melt 3 tbsp of the butter on medium - high heat and remove from the heat.
2. In the bottom of the casserole, arrange the carrots in a layer and sprinkle with the salt, pepper and a little of the parsley.
3. Top with the layer of the celery root, followed by the layers of the parsley root, leeks, cauliflower florets, sugar snap pea, green beans, savoy cabbage and potato, sprinkling each layer with the salt, pepper and parsley.
4. Place the remaining 3 tbsp of the butter over the potatoes in the form of the dots.
5. Place the water over the vegetables.
6. Cover the casserole tightly and bring to a boil.
7. Reduce the heat to low and simmer for about 1 hour.

Fall-Time Casserole



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 8

Calories 438 kcal

Fat 18.4 g

Carbohydrates 57.2g

Protein 14.3 g

Cholesterol 53 mg

Sodium 513 mg

Ingredients

- 3 C. milk
- 3 carrots, peeled and diced
- 2 sweet potatoes, peeled and diced
- 2 leeks, finely chopped (white part only)
- 2 parsnips, peeled and diced
- 2 stalks celery, diced
- 1 butternut squash, peeled and diced
- 1 small turnip, peeled and diced
- 1 (8 oz.) package cream cheese, cubed
- 1 C. shredded Parmesan cheese
- 1 pinch ground nutmeg
- salt and ground black pepper to taste
- 1 C. fine bread crumbs
- 2 tbsp melted butter

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a casserole dish. In a large pan, add the milk, carrots, sweet potatoes, leeks, parsnips, celery, butternut squash and turnip and bring to a boil.
2. Reduce the heat to medium low and simmer for about 15 minutes, stirring occasionally.
3. Add the cream cheese and stir till melted completely.
4. Stir in the Parmesan cheese, nutmeg, salt and pepper.
5. Transfer the mixture into the prepared casserole dish.
6. In a bowl, mix together the bread crumbs and melted butter.
7. Spread the crumb mixture over casserole evenly.
8. Cover the casserole dish and cook in the oven for about 30 minutes.
9. Uncover and cook in the oven for about 5 minutes more.

SUNDAY'S Dinner Pie



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 301 kcal

Fat 13.6 g

Carbohydrates 39.6g

Protein 6.2 g

Cholesterol 18 mg

Sodium 869 mg

Ingredients

3 parsnips, peeled and cut into 1/2 inch pieces

3 carrots, peeled and cut into 1/2 inch pieces

1 sweet potato, peeled and cut into 1/2 inch pieces

3 tbsp butter

2 C. sliced mushrooms

1 C. chopped leeks

3 tbsp all-purpose flour

2 C. vegetable broth

1/8 tsp dried thyme

salt and ground black pepper to taste

1/4 tsp hot pepper sauce

2 1/4 C. biscuit baking mix

3/4 C. milk

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In large pan, place the parsnips, carrots, sweet potato and enough salted water to cover the vegetables. Bring to a boil over high heat. Reduce the heat to medium-low and simmer, covered for about 10 minutes. Drain well and keep aside for about 1-2 minutes.
3. In a large skillet, melt the butter on medium heat and cook the mushrooms and leeks for about 5 minutes. Slowly, add the flour, beating continuously and cook for about 5 minutes. Slowly, add the vegetable broth, beating continuously. Stir in the thyme, salt, pepper and hot pepper sauce. Then, stir in the drained vegetables.
4. Transfer the vegetable mixture into a 10-inch deep pie dish.
5. For biscuit topping in a bowl, mix together the biscuit mix and milk.
6. Place heaping tbsp of the mixture onto vegetable filling. (Do not cover filling completely)
7. Cook in the oven for about 18-20 minutes.

Handmade Broth



Prep Time: 1 hr



Total Time: 1 d 3 hrs

Servings per Recipe: 12

Calories 154 kcal

Fat 3.1 g

Carbohydrates 23.8g

Protein 9 g

Cholesterol 12 mg

Sodium 248 mg

Ingredients

2 quarts water
12 oz. beef shank
2 large onions, chopped
2 large carrots, sliced
1 rutabaga, diced
salt and pepper to taste
4 potatoes, peeled and quartered

2 leeks, sliced
1 small head cabbage, sliced
2 tbsp chopped fresh parsley

Directions

1. In a large pan of boiling water, simmer the beef shank for about 1 1/2 hours.
2. Remove from the heat and keep aside to cool for overnight.
3. Lift the meat out and trim off the gristle, then cut meat into medium sized pieces.
4. Through a fine sieve, strain the stock.
5. Return stock to pan and bring to a boil.
6. Add onions, carrots, rutabaga, salt and pepper and simmer for about 1 hour.
7. Add the potatoes and simmer for about 15-20 minutes.
8. Stir in the leeks, cabbage, parsley and reserved meat and simmer for about 10 minutes.

FRIDAY NIGHT Curry



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 401 kcal

Fat 14 g

Carbohydrates 63.5g

Protein 10.1 g

Cholesterol 17 mg

Sodium 501 mg

Ingredients

2 acorn squash, halved and seeded
1 tbsp olive oil
1/2 C. diced red bell pepper
1/2 C. sliced daikon radish
1/4 C. sliced leek
1/4 C. diced celery
1 jalapeno pepper, diced
1 tbsp minced garlic
2 C. vegetable stock

1 C. brown rice
1 C. chopped collard greens
1 tbsp curry powder
1 1/2 tsp red curry paste
1/4 C. chopped walnuts
1/2 C. crumbled feta cheese

Directions

1. With a plastic wrap, cover each squash half.
2. In a microwave safe dish, place the wrapped squash, cut side down and microwave on High for about 12-15 minutes.
3. Remove from the microwave and keep aside the squash wrapped while preparing the filling. In a large skillet, heat the olive oil over medium heat and cook the red bell pepper, radish, leek, celery, jalapeño pepper and garlic for about 10 minutes. Stir in the vegetable stock and rice and simmer, covered for about 45 minutes.
4. Place the greens into the rice mixture and simmer, covered for about 5 minutes.
5. Stir in the curry powder, curry paste and walnuts.
6. Unwrap the squash halves and place into 4 soup bowls, cut sides up.
7. Place about 2 tbsp of the feta cheese into each squash half and top with a large scoop of the rice mixture.
8. Top the rice mixture layer with any leftover feta and serve.

Veggie Gratin



Prep Time: 25 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 235 kcal

Fat 12.7 g

Carbohydrates 22.9 g

Protein 9.9 g

Cholesterol 37 mg

Sodium 374 mg

Ingredients

2 cloves garlic, smashed
salt and pepper to taste
3/4 C. half-and-half cream
2 tsp dried thyme
1 bay leaf
1 large leek - cleaned, and cut into 1/4 inch thick rounds
2 large turnips, peeled and sliced
1 C. cubed butternut squash

4 large mushrooms, sliced
2 large carrots, sliced
1 tsp chopped fresh rosemary
1/2 C. crumbled blue cheese
1/4 C. shredded Gruyeres cheese

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a 2 quart casserole dish. Rub 1 garlic clove in the bottom of the prepared casserole dish and sprinkle with a little salt.
2. In a small pan, add the half-and-half on medium heat and cook till heated completely. Through a fine sieve, strain the half-and-half.
3. Stir in the thyme, bay leaf and garlic cloves and remove from the heat.
4. In a large pan, add the leek, turnip, squash, mushrooms, carrots and fill with about 1-inch of water and bring to a boil on medium heat.
5. Cook, covered for about 5 minutes.
6. Drain the vegetables well. Place the vegetables into the prepared casserole dish evenly and sprinkle with the rosemary, salt and pepper.
7. Top with the blue cheese, Gruyeres cheese and strained half-and-half.
8. Cover the baking dish and cook in the oven for about 20 minutes.
9. Uncover and cook in the oven for about 20 minutes.

SUMMER Soup Delight



Prep Time: 30 mins



Total Time: 2 hrs

Servings per Recipe: 6

Calories 215.3

Fat 5.8g

Cholesterol 11.9mg

Sodium 1114.6mg

Carbohydrates 34.7g

Protein 8.8g



Ingredients

- 8 C. beef stock
- 1 1/2 lbs. green cabbage, cored and shredded
- 4 garlic cloves, chopped
- 3 medium potatoes, diced
- 2 medium onions, chopped
- 2 medium tomatoes, chopped
- 2 small radishes, diced
- 1 leek chopped
- 1 large carrot, grated
- 3 bay leaves
- 2 tbsp butter
- 1 tsp black peppercorns
- 1 tsp caraway seed
- 2 tbsp sour cream
- 1 tsp dill
- 1 tsp parsley

Directions

1. Place a soup pot over medium heat. Heat in it the butter until it melts.
2. Cook in it the garlic, onion, radish, leek and carrot for 8 to 12 min.
3. Stir in the stock and cook them until they start boiling. Stir in the cabbage, potatoes, tomatoes, bay leaves, black peppercorns, and caraway seed.
4. Lower the heat and put on the lid. Cook the soup for 60 min.
5. Once the time is up, discard the bay leaves.
6. Serve your soup hot. Garnish it with sour cream, dill, and parsley.
7. Enjoy.

Kiwi Orange Chicken

 Prep Time: 10 mins
 Total Time: 1 hr

Servings per Recipe: 4
Calories 288.1
Fat 6.3g
Cholesterol 76.0mg
Sodium 928.5mg
Carbohydrates 25.4g
Protein 34.0g

Ingredients

4 C. chicken broth
4 boneless skinless chicken breasts
1 stalk celery, chopped
1 leek, white part only, chopped
4 kiwi fruits, peeled, cut into 1/4-inch slices
1 orange, washed, dried
1 lemon
1 tbsp unsalted butter

1 tbsp granulated sugar
1/8 tsp salt
1/8 tsp cayenne pepper

Directions

1. In large pan, add the chicken broth and bring to a boil.
2. Add the chicken breasts and simmer for about 10 minutes, skimming off fat from the top.
3. Add the celery and leek and simmer for about 10 minutes.
4. Remove the chicken from broth and keep aside, covered.
5. In a serving dish, arrange the kiwifruit in a fan-shaped pattern.
6. Sprinkle the half of the orange zest over the kiwifruit.
7. In a small bowl, extract the juice of orange and lemon.
8. In a small pan, melt the butter and cook the sugar for about 5 minutes, stirring continuously.
9. Add the orange and lemon juices and stir till well combined.
10. Boil till the sauce is reduced to about 2 tbsp.
11. Stir in the salt and cayenne pepper.
12. Cut the chicken breasts into thin strips and arrange over the kiwifruit.
13. Serve with a topping of the sauce.





SNAPPER

Thyme Stir Fry



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 388.8

Fat 16.8g

Cholesterol 79.9mg

Sodium 128.5mg

Carbohydrates 12.0g

Protein 45.9g



Ingredients

- 4 red snapper fillets
- 1/4 C. vegetable oil
- coarse salt and black pepper
- 2 leeks, sliced (white and light green only)
- 2 carrots, julienned
- 4 sprigs thyme, fresh
- 1 scotch bonnet pepper, minced
- 1 pinch ground allspice
- 2 tbsp white vinegar
- 1 lime, cut in wedges

Directions

1. Use a sharp knife to make 3 holes in each fish. Season them with some salt and pepper.
2. Place a large pan over medium heat. Heat 2 tbsp of oil in it. Cook in it snapper for 1 to 2 min on each side.
3. Drain the snapper and place it aside. Heat the remaining oil in the same pan.
4. Add the leeks, carrots, thyme, scotch bonnet and allspice. Cook them for 6 min. Stir in the vinegar with a pinch of salt and pepper. Cook them for 2 to 3 min.
5. Spoon the mix over the snapper. Serve it warm.
6. Enjoy.

Parmigianino Leek Frittata

 Prep Time: 10 mins
 Total Time: 1 hr

Servings per Recipe: 6

Calories	186 kcal
Fat	11 g
Carbohydrates	12.4g
Protein	10.1 g
Cholesterol	189 mg
Sodium	251 mg

Ingredients

6 eggs
1/4 C. finely grated Parmigiano-Reggiano cheese
1 C. packed spinach leaves, coarsely chopped
2 tbsp olive oil
1/4 C. diced leek
1/4 C. minced carrot
1 fresh cayenne peppers, chopped

1 C. cooked garbanzo beans, drained, thoroughly dried
2/3 C. diced tomatoes
1/2 tsp red pepper flakes (optional)

Directions

1. Get a mixing bowl: Mix in it the cheese with eggs until they become smooth. Stir in the spinach. Place the mix aside.
2. Place a large pan over medium heat. Heat the oil in it. Cook it in the leek, carrot, and cayenne peppers for 6 min.
3. Stir in the chickpeas and tomatoes. Cook them for 4 min. Stir in the eggs mix and spread it then put on the lid. Cook it for 6 min.
4. Lower the heat and remove the lid. Keep cooking the Frittata until it is done. Serve it warm.
5. Enjoy.

CHEESY Hash Frittata



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 6

Calories 223 kcal

Fat 12.1 g

Carbohydrates 14.3g

Protein 14.7 g

Cholesterol 265 mg

Sodium 276 mg

Ingredients



1 tbsp butter
2 leeks, white and light-green parts
thinly sliced
2 C. shredded potato
8 eggs
1/2 C. shredded mozzarella cheese

1/2 C. grated Parmesan-Reggiano cheese
salt and ground black pepper to taste

Directions

1. Before you do anything preheat the oven to 350 F. Coat a casserole dish with some butter or oil.
2. Place a large pan over medium heat. Cook in it the butter until it melts. Add the potato with leeks. Cook them for 9 min. Spread the mix in the greased casserole.
3. Get a large mixing bowl: Whisk in it the eggs, mozzarella cheese, Parmesan-Reggiano cheese, salt, and pepper. Top the cooked veggies with the eggs mix.
4. Cook them in the oven for 24 min. Cook the Frittata in the oven for 24 min. Serve it warm.
5. Enjoy.

Mongolian Sirloin with Vegetables

 Prep Time: 30 mins
 Total Time: 45 mins

Servings per Recipe: 6

Calories	568.5
Fat	28.3g
Cholesterol	114.6mg
Sodium	1688.5mg
Carbohydrates	43.0g
Protein	35.6g

Ingredients

2 lb. sirloin steaks, sliced into 1/4 inch pieces
1 tsp salt
1 tbsp sugar
1 tbsp garlic powder
1 tbsp onion powder
1 tbsp ginger powder
1 tsp baking soda
3 tbsp shaoxing wine
2 tbsp cornstarch
3 tbsp oil
1 C. baby corn, 1/4 inch strips
1 C. red onion, 1/4 inch strips
2 C. leeks, 1/4 inch strips
1 C. jicama, 1/4 inch strips
1 C. green pepper, 1/4 inch strips
1 C. carrot, 1/4 inch strips
1 C. hoisin sauce
2 C. beef stock
cornstarch paste
salt
white pepper
oil

Directions

1. In a large bowl, mix together the beef, salt, sugar, garlic, onion, ginger, baking soda, wine, cornstarch and oil and keep aside for about 30 minutes.
2. In a wok, heat 2 tbsp of the oil and stir fry the vegetable for about 1 minute.
3. Transfer the vegetables into a warm plate.
4. In the same wok, heat 1/3 C. of the oil on high heat and stir fry the beef and hoisin sauce for about 2-3 minutes.
5. Add the beef stock and bring to a boil.
6. Stir in the cornstarch roux and cook till thickened.
7. Stir in the vegetables, salt and pepper and remove from the heat.

MONGOLIAN

Lamb Dumb Dinner



Prep Time: 2 hrs



Total Time: 6 hrs

Servings per Recipe: 6

Calories 286.6

Fat 16.3g

Cholesterol 112.6mg

Sodium 597.9mg

Carbohydrates 9.6g

Protein 24.2g

Ingredients

- 500 g lean lamb (boneless)
- 2 red onions (chopped)
- 1 oil, for cooking
- 1 egg (lightly whisk with fork)
- 2 tbsp soy sauce
- 2 tsp brown sugar
- 3 tsp corn flour
- 1/2 tsp bicarbonate of soda
- 1 tbsp garlic (crushed)
- 1 tbsp sweet chili sauce
- 1 tbsp hoisin sauce
- 1/2 tsp Chinese five spice herbs
- 1/2 tsp ginger (from jar)
- 1/2 fresh leek

Directions

1. In bowl, mix together the garlic, egg, soy sauce, sugar, corn flour and soda bicarbonate.
2. Add the lamb and coat with the marinade generously.
3. Refrigerate for about 2 hours or overnight.
4. For the sauce: in bowl mix together 2 tbsp of the water, chili sauce, hoisin sauce, Chinese five spice and ginger.
5. In a pan, heat the oil and sauté the onions till tender.
6. Add the lamb and sear till browned.
7. Transfer the lamb into a slow cooker and top with the sauce and leek .
8. Set the slow cooker on High and cook, covered for about 3–4 hours.

Winter Country Leeks Chowder



Prep Time: 40 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 15

Calories 438 kcal

Fat 24.8 g

Carbohydrates 35.8g

Protein 19.1 g

Cholesterol 76 mg

Sodium 1351 mg

Ingredients

- 8 C. chicken
- 4 C. cubed Country ham, optional
- 4 tbsp dried rosemary
- 2 lb turkey. bacon, diced
- 2 large onions, diced
- 3 leeks, diced
- 3 cloves garlic, minced
- 6 green onions, diced
- 6 large potatoes, cubed
- 1 lb. carrots, cubed
- 1 1/2 C. heavy cream

Directions

1. In a large pan, add the stock on medium heat and bring to a boil.
2. Stir in the cubed ham and 2 tbsp of the rosemary.
3. Heat a large skillet on medium heat and cook the diced bacon till crisp.
4. Transfer the bacon into the pan of simmering ham mixture.
5. Drain the bacon grease, leaving 1/2 of in the skillet.
6. Place the skillet on medium heat and sauté the onions, leeks, garlic and green onions till tender.
7. Transfer the leek mixture into the pan of simmering ham mixture.
8. Stir in the cubed potatoes, carrots and 2 tbsp of the rosemary and simmer for about 20 minutes.
9. Remove from the heat and top with the cream.

POTATO SOUP

Russian Style



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 12

Calories 167 kcal

Fat 7.7 g

Carbohydrates 21.2g

Protein 4.5 g

Cholesterol 23 mg

Sodium 928 mg

Ingredients

5 tbsp butter, divided
2 leeks, chopped
2 large carrots, sliced
6 C. chicken broth
2 tsp dried dill weed
2 tsp salt
1/8 tsp ground black pepper
1 bay leaf
2 lb. potatoes, peeled and diced
1 lb. fresh mushrooms, sliced
1 C. half - and - half
1/4 C. all - purpose flour
fresh dill weed, for garnish

Directions

1. In a large pan, melt the butter on medium heat and cook the leeks and carrots for about 5 minutes.
2. Add the potatoes, broth, dill, salt, pepper and bay leaf and cook, covered for about 20 minutes.
3. Remove from the heat and discard the bay leaf.
4. In a skillet, melt the remaining butter on medium heat and sauté the mushrooms for about 5 minutes.
5. Stir the mushrooms into the soup.
6. In a small bowl, mix the half - and - half and flour till smooth.
7. Stir into the soup to thicken.
8. Serve with a garnishing of fresh dill.

Yellow Potato Soup



Prep Time: 30 mins



Total Time: 1 hr 2 mins

Servings per Recipe: 4

Calories	388 kcal
Fat	12.6 g
Carbohydrates	59.8g
Protein	9.6 g
Cholesterol	35 mg
Sodium	587 mg

Ingredients

- 6 oz. egg noodles
- 3 tbsp extra - virgin olive oil
- 1 (2 inch) piece ginger root, minced
- 2 cloves garlic, minced
- 1 leek, sliced into 1/2-inch pieces
- 2 carrots, cut into cubes
- 2 stalks celery, sliced into 1/2-inch pieces
- 2 potatoes, peeled and cubed
- 1 tsp turmeric powder
- 1/2 tsp ground white pepper
- 1/2 tsp salt
- 3 C. water
- 2 C. vegetable broth

Directions

1. In large pan of the lightly salted boiling water, cook the egg noodles for about 3 minutes.
2. Drain well.
3. In a large pan, heat the oil on medium heat and sauté the garlic and ginger for about 1 minute.
4. Stir in the leeks and cook for about 3 minutes.
5. Stir in the carrots and celery and cook for about 2 minutes.
6. Stir in the potatoes and cook for about 2 minutes.
7. Cook, covered for about 5 minutes.
8. Stir in the turmeric, white pepper, salt and water and bring to a boil.
9. In another pan, add the vegetable broth and bring to a boil.
10. Remove from the heat and stir in the potato soup mixture.
11. Stir in the egg noodles and simmer for about 5 minutes.

SRI LANKAN Crab Curry



Prep Time: 25 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 228

Fat 8.3 g

Cholesterol 64.3 mg

Sodium 680.7 mg

Carbohydrates 9.4 g

Protein 28.8 g

Ingredients

1 lb crab meat
3 fresh red chilies
3 tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, finely chopped
2 tbsp medium-hot curry powder
1 oz. fresh ginger root, grated
coconut milk, 2 cans (7-3/4 oz. each)
1/2 leek, cut into 1/2-inch slices
1 lb cod fish fillet, cut into pieces

lemon grass, to taste, inner white root section
2 medium tomatoes, peeled & cut into wedges
1 limes, juice of
water, as needed
cooked rice

Directions

1. Break the crab meat into pieces and keep aside.
2. Remove seeds and pith of the chilies and chop them.
3. In a large skillet, heat the oil and sauté the onion and garlic till golden.
4. Stir in the chopped chilies, curry powder and ginger root and cook for about 2-3 minutes, stirring continuously.
5. Stir in the coconut milk and leek and simmer for about 10 minutes.
6. Add the crab meat, cod and lemon grass and stir to combine.
7. Reduce the heat to low and simmer for about 10 minutes, shaking the pan occasionally.
8. Add the tomatoes and cook for about 5 minutes.
9. Stir in the lime juice and enough water to moisten the mixture.
10. Serve this curry over the rice.

Warm Leeks Salad



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 273.4

Fat 19.5g

Cholesterol 0.0mg

Sodium 389.0mg

Carbohydrates 24.6g

Protein 2.8g

Ingredients

1/2 C. olive oil or 1/2 C. vegetable oil
2 lbs leeks, white and light green parts
only trimmed, cleaned, and thinly sliced (
about 10 medium)
2 C. peeled seeded and chopped tomatoes
(about 1 lb)
1 C. vegetable stock or 1 C. water

3/4 tsp salt, about
ground black pepper
1 pinch sugar
12 -16 pitted black olives
2 -3 tbsp fresh lemon juice

Directions

1. Get a large saucepan over medium heat: heat the oil in it. Sauté in it the leeks for 12 min.
2. Stir in the tomatoes, stock, salt, pepper, and sugar. Put on the lid and cook them for 32 min.
3. Stir in the lemon juice with olives then cook them for 12 min. place it aside to lose heat slightly then serve it.
4. Enjoy.





CHICKEN

Flavored Leeks Stew



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 288.9

Fat 11.4g

Cholesterol 0.0mg

Sodium 534.3mg

Carbohydrates 44.3g

Protein 6.2g

Ingredients

2 lbs leeks, outer leaves and root ends removed

3 tbsp olive oil

3 medium onions, sliced thin

3 tomatoes, peeled & chopped

1/2 tsp salt

fresh ground pepper

1 C. chicken broth or 1 C. chicken bouillon

2 tbsp chopped fresh dill or 1 tbsp dried dill

Directions

1. Slice the leeks in half crosswise.
2. Get a pot: heat the oil in it then sauté in it the onion for 4 min. combine in the leeks and cook them for another 4 min.
3. Combine in the broth with tomato then cook them until they start boiling. Lower the heat and cook them for 32 min.
4. Turn off the heat then serve your stew warm.
5. Enjoy.

Lettuce, Spinach, and Leeks Casserole



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 1

Calories 22.0g

Fat 387.2mg

Cholesterol 227.0mg

Sodium 14.3g

Carbohydrates 16.5g

Protein 22.0g

Ingredients

2 C. finely chopped leeks, white and green parts	salt
1 C. romaine lettuce, finely chopped	freshly ground pepper
1 C. finely chopped parsley	1/3 C. chopped walnuts
2 C. finely chopped spinach	8 eggs
1 C. finely chopped green onion	2 tbsp butter, melted
1 1/2 tbsp flour	

Directions

1. Set your oven to 325 degrees F before doing anything else and grease a 9 -inch cake pan with the melted butter.
2. In a bowl, add the vegetables, herbs, flour, salt, pepper and walnuts and mix well.
3. In a small bowl, crack the eggs and beat well.
4. Add the beaten eggs into the vegetables and mix well.
5. Place the mixture into the prepared cake pan evenly.
6. Cook in the oven for about 1 hour.

SOUP of Artichoke



Prep Time: 10 mins

Total Time: 1 hr

Servings per Recipe: 4

Calories 226 kcal

Fat 16.9 g

Cholesterol 56 mg

Sodium 756 mg

Carbohydrates 15.8 g

Protein 4.7 g

Ingredients

- 1 Tbsp butter or olive oil
- 1 medium onion diced
- 1 lb artichoke hearts, frozen or fresh
- 2 sprigs of thyme
- 2 bay (laurel) leaves
- 3 C. chicken broth
- 1 C. milk
- Salt & pepper to taste
- (optional) 1/4 C. cream or fat free half & half
- (optional) fried julienne strips of leeks and mini artichoke hearts

Directions

1. Cook onion in hot oil for a few minutes and stir in milk, artichokes, broth, thyme and bay leaves before bringing all this to boil and cooking on low heat for 30 minutes or until artichokes are tender.
2. Throw out bay leaves and thyme, and blend everything very thoroughly before stirring in cream and heating it up again.
3. Stir in pepper and salt before serving.
4. Garnish with julienned leeks.

How to Make Corn Chowder



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 420 kcal

Fat 19.3 g

Carbohydrates 40.7g

Protein 24.1 g

Cholesterol 204 mg

Sodium 366 mg

Ingredients

2 tablespoons butter	1 (8 ounce) bottle clam juice
2 leeks (white and pale green parts only), chopped	1 pound cooked shrimp
salt and ground black pepper to taste	2 (8 ounce) bags frozen corn
2 tablespoons all-purpose flour	2 tablespoons fresh lemon juice
3 cups half-and-half	2 tablespoons chopped fresh chives
1 pound potatoes, peeled and chopped	

Directions

1. Get your butter hot in a heavy pot, like the Dutch oven. Once the butter is hot add in your pepper, salt, and leeks. Let the leeks fry in the butter for 7 mins.
2. Add your flour to leek mix while stirring everything and let the mix get thick then combine in the clam juice, half and half, and potatoes.
3. Get everything boiling then once it is boiling, set the heat to low, and let everything cook for 12 mins.
4. Combine the corn and shrimp into the mix then let everything continue to cook for 12 more mins. Shut the heat and combine in your chives and lemon juice.
5. Enjoy.

SWISS Cauliflower Soup



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 12

Calories 256 kcal

Fat 18.9 g

Carbohydrates 10.3g

Protein 8.7 g

Cholesterol 62 mg

Sodium 81 mg

Ingredients

5 tbsp unsalted butter

1 leek, chopped

1 onion, chopped

1 carrot, chopped

1 tsp dried tarragon

1/2 tsp dried thyme

1/4 C. all-purpose flour

1 C. dry white wine

6 C. chicken stock

Salt to taste

1/4 tsp freshly ground white pepper

1 head cauliflower, broken into small florets

1 C. milk



1 C. heavy whipping cream

2 1/2 C. shredded Swiss cheese (optional)

Directions

1. Bring a salted pot of water to a boil. Place on it a steamer and cook in it the cauliflower until it becomes tender.
2. Place a large pot over medium heat. Cook in the margarine until it melts. Add the leek, onion, and carrot then cook them for 12 min.
3. Add the thyme with tarragon and cook them for 2 min. Stir in the flour for 1 min. Lower the heat and add the stock with wine, a pinch of salt and pepper.
4. Stir in the cauliflower and bring the soup to a simmer. Remove the lid and cook the soup over low heat for 32 min.
5. Get a food processor: Allow the soup to cool down for 10 min. blend the soup in batches in the food processor until it becomes smooth and creamy.
6. Pour the soup back into the pot. Add the cream with milk and cook the soup for 5 min. Stir in the cheese until it melts.
7. Adjust the seasoning of the soup then serve it warm.
8. Enjoy.

Cheesy Parsley Flowers Soup

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 6

Calories	238 kcal
Fat	14.5 g
Carbohydrates	20.4g
Protein	7.8 g
Cholesterol	41 mg
Sodium	1031 mg

Ingredients

1 head cauliflower, chopped	1 tsp black pepper
1 tbsp vegetable oil	1/2 C. milk
1 yellow onion, chopped	1 tsp salt
2 cloves garlic, chopped	1/2 C. heavy cream
1 leek, chopped	3 oz Stilton cheese
3 stalks celery, chopped	1/4 C. chopped fresh parsley
1 baking potato, thinly sliced	
2 C. chicken broth	
1/4 C. dry sherry	
1 tsp white pepper	

Directions

1. Bring a salted pot of water to a boil. Cook in it 3/4 C. of the cauliflower florets for 4 min. Rinse it with cold water and place it aside.
2. Place a large pot over medium heat. Heat the oil in it. Cook in it the onion, garlic, leek and celery for 6 min. Stir in the potato, chicken broth, raw cauliflower and sherry.
3. Cook the soup until starts boiling. Lower the heat and cook the soup for 18 to 20 min while stirring it from time to time.
4. Turn off the heat and allow the soup to cool down for 10 min.
5. Get a food processor: Blend the soup in batches until it becomes smooth and creamy. Pour the soup back into the pot. Stir in the cheese with cream and milk.
6. Cook the soup on low heat for 5 min. Adjust the seasoning of the soup then serve it warm with 3/4 C. of cooked cauliflower florets and parsley.
7. Enjoy.

STIR FRIED Kale



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 500 kcal

Fat 39.8 g

Carbohydrates 31.7g

Protein 10.5 g

Cholesterol 13 mg

Sodium 853 mg

Ingredients

2 bunches kale, ribs removed and leaves torn into pieces

6 tbsps mayonnaise

6 tbsps olive oil

1/4 C. Dijon mustard

1/4 C. grated Parmesan cheese

lemon, juiced

4 tsps minced garlic

2 tsps Worcestershire sauce

1 tsp anchovy paste

1 cucumber, sliced

1/4 C. chopped leeks

freshly cracked black pepper

Directions

1. Begin to stir fry your kale in a frying pan with a medium level of heat for 3 mins. Place the kale in a bowl. And put everything in the fridge for 60 mins.
2. Get a bowl, combine: anchovy paste, mayo, Worcestershire, olive oil, garlic, mustard, lemon juice, and parmesan.
3. Get a 2nd bowl, combine: leeks, cucumber, and kale. Combine both bowls and toss everything evenly then season the dish some black pepper.
4. Enjoy.

Central European Lamb Stew



Prep Time: 15 mins



Total Time: 2 hrs

Servings per Recipe: 6

Calories 609 kcal

Fat 35.1 g

Carbohydrates 43.4g

Protein 29.8 g

Cholesterol 109 mg

Sodium 325 mg

Ingredients

1 tbsp olive oil
2 lb. boneless lamb shoulder, cut into 1
1/2 inch pieces
1/2 tsp salt
freshly ground black pepper to taste
1 large onion, sliced
2 carrots, peeled and cut into large chunks
1 parsnip, peeled and cut into large
chunks (optional)
4 C. water, or as needed

3 large potatoes, peeled and quartered
1 tbsp chopped fresh rosemary (optional)
1 C. coarsely chopped leeks
chopped fresh parsley for garnish (optional)

Directions

1. In a large Dutch oven, heat the oil on medium heat and cook the lamb pieces till browned completely.
2. Season with the salt and pepper.
3. Add the onion, carrots and parsnips and cook for a few minutes.
4. Stir in the water and bring to a boil.
5. Reduce the heat to low.
6. Simmer, covered for about 1 hour.
7. Stir in the potatoes and simmer for about 15-20 minutes.
8. Stir in the leeks and rosemary and simmer, uncovered till potatoes are tender but still whole.
9. Serve with a garnishing of the fresh parsley.

HOW TO MAKE Parsnip Gratin



Prep Time: 15 mins



Total Time: 2 hrs 11 mins

Servings per Recipe: 4

Calories 935 kcal

Fat 71.8 g

Carbohydrates 50g

Protein 27.1 g

Cholesterol 234 mg

Sodium 1175 mg

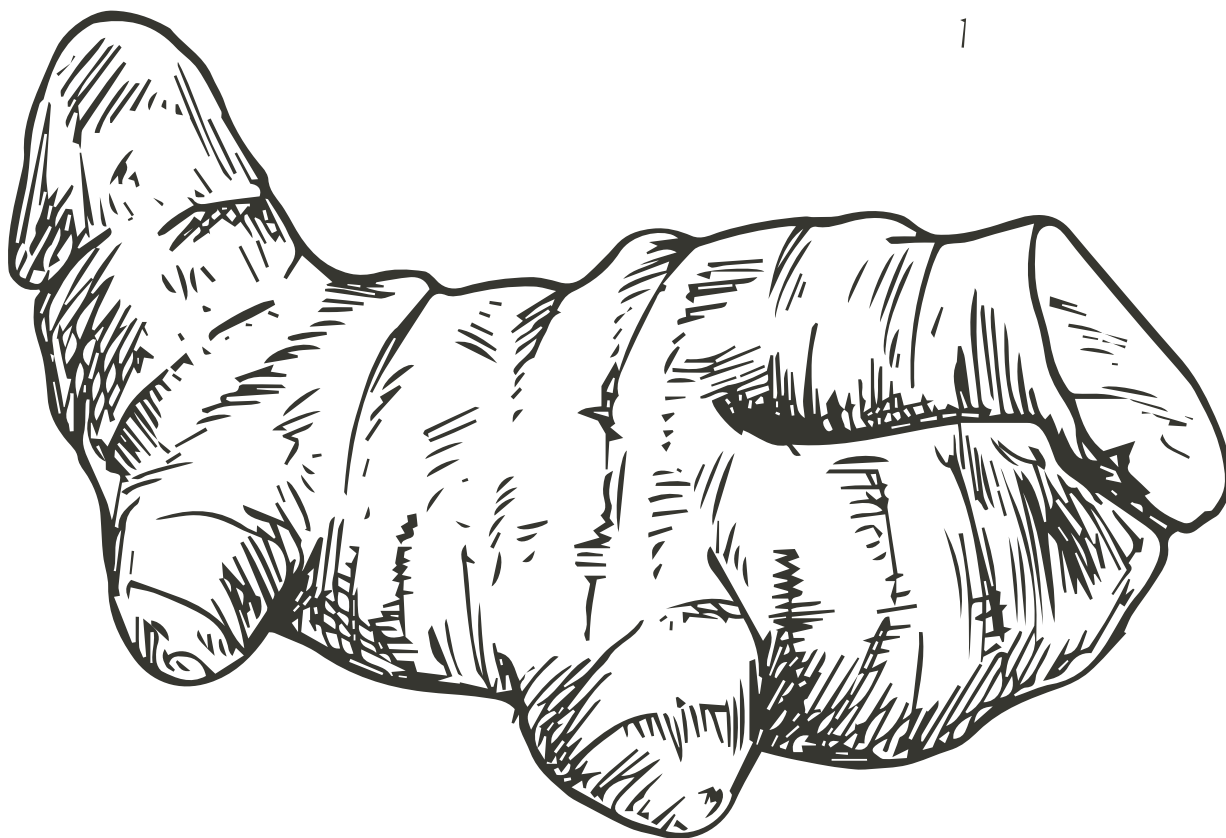
Ingredients

1/4 C. butter	1/2 tsp freshly grated nutmeg
2 lb. parsnips	3 C. water
1 C. freshly grated Parmigiano-Reggiano cheese	2 bay leaves
2 ribs celery, chopped	2 sprigs fresh rosemary leaves, divided
2 leeks, chopped and divided	1 (3 oz.) piece of Parmigiano-Reggiano rind
3 cloves garlic, crushed and divided	2 C. heavy whipping cream
2 slices fresh ginger root	
sea salt and freshly ground black pepper to taste	

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a 2-quart baking dish.
2. Peel the parsnips, reserving peelings for broth.
3. Cut the parsnips into 1/8-inch rounds.
4. In the prepared baking dish, arrange 1/3 of the parsnip slices in a single layer and sprinkle with 1/3 of the Parmigiano cheese.
5. Repeat with the remaining parsnips and Parmigiano cheese.
6. In a large skillet, melt 1 tbsp of the butter on medium heat and cook the celery, 1/2 of the leeks, 1 garlic clove and ginger pieces for about 5 minutes.
7. Add the parsnip peelings, salt, pepper, nutmeg and 2 tbsp of the water and cook for about 5 minutes, stirring continuously.
8. Cook, adding water as needed for about 8-10 minutes, stirring continuously.
9. Add remaining water, bay leaves, 1 sprig of the rosemary and Parmigiano rind and increase the heat to high.

10. Bring to a boil.
11. Reduce the heat and simmer, covered for about 20-30 minutes.
12. Season with the salt, pepper and nutmeg and remove from heat.
13. Through a fine sieve, strain the broth pressing solids to extract as much liquid as possible.
14. In a pan, melt the remaining butter on medium heat and cook the remaining leeks, remaining garlic and several rosemary leaves for about 5 minutes.
15. Add the reserved broth and cook for about 10-12 minutes.
16. Stir in the cream, salt, pepper and nutmeg and cook for about 3 minutes.
17. Transfer the mixture into the prepared baking dish to 3/4 of the way up parsnip layers.
18. Cook in the oven for about 45-60 minutes.
19. Remove from the oven and keep aside to cool for about 10 minutes.
20. Serve with a garnishing of the nutmeg and rosemary leaves.







NOVEMBER'S Stuffing



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 10

Calories 379 kcal

Fat 21.4 g

Carbohydrates 41.4g

Protein 7.4 g

Cholesterol 86 mg

Sodium 801 mg

Ingredients



1 C. butter
3/4 16 oz. package frozen French cut
green beans
2 onions, chopped
2 leeks, chopped
1 tbsp garlic and herb seasoning blend

2 eggs, lightly beaten
1 16 oz. package seasoned dry bread
cube stuffing mix
2 C. hot water

Directions

1. Coat a casserole dish with nonstick spray then set your oven to 375 degrees before doing anything else.
2. Add 2 tbsp of butter to a frying pan then begin to stir fry your leeks, green beans, and onions in them. Add in your herb spice mix, and garlic, and the rest of the butter.
3. Get a bowl, combine: stuffing mix, eggs, and green bean mix. Slowly add in your water and toss. Place the mix into the dish then cook everything in the oven for 45 mins.
4. Enjoy.

Greek Sunset Celery

 Prep Time: 20 mins
 Total Time: 40 mins

Servings per Recipe: 8

Calories	69 kcal
Fat	2.4 g
Carbohydrates	11.9g
Protein	0.8 g
Cholesterol	6 mg
Sodium	139 mg

Ingredients

1 1/2 tbsps butter
2 leeks, halved and thinly sliced
lengthwise
3 stalks celery, cut into matchstick-size
pieces
2 carrots, cut into matchstick-size pieces
3/4 C. vegetable broth

1/4 C. balsamic vinegar
3 tbsps brown sugar
salt and ground black pepper to taste

Directions

1. Begin to fry your leeks in butter in a frying pan for 7 mins then combine in the balsamic, celery, veggie broth, and carrots. Continue to heat everything for 12 mins. Combine in the brown sugar and stir it in completely and cook the mix for 7 more mins then add some pepper and salt.
2. Enjoy.

COUNTRY

Wagon Stew



Prep Time: 5 mins



Total Time: 48 mins

Servings per Recipe: 4

Calories 281.8

Fat 11.2g

Cholesterol 109.7mg

Sodium 693.0mg

Carbohydrates 17.1g

Protein 27.0g

Ingredients

1 small rutabaga, peeled and diced in 1/2-inch pieces	1/3 C. flour
2 medium parsnips, peeled and diced in 1/2-inch pieces	1/4 tsp salt
1 medium carrot, peeled and diced in 1/2-inch pieces	1/4 tsp pepper
2 tbsp butter	1 large leek, chopped
1 lb. boneless skinless chicken thighs, cut into bite-size pieces	2 C. chicken broth
	2 tbsp chopped fresh Italian parsley, chopped

Directions

1. In a large pan of lightly salted boiling water, add the rutabaga, parsnips and carrot and cook, covered for about 10 minutes.
2. Drain well and keep aside.
3. Sprinkle the chicken with flour, salt and pepper, reserving any leftover flour.
4. Meanwhile in a large pan, melt the butter on medium heat and sear the chicken in 2 batches till browned.
5. Transfer the chicken into a bowl.
6. In the same pan, add the leek and sauté for about 3 minutes.
7. Add 1 tbsp of the reserved flour and stir till a paste forms.
8. Stir in the chicken broth and bring to a boil, stirring occasionally.
9. Add the chicken, vegetables and reduce the heat to low.
10. Simmer, covered for about 10 minutes.
11. Serve with a sprinkling of the chopped parsley.

Leek, Celery, and Tomato Soup



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 157.5

Fat 2.8g

Cholesterol 0.0mg

Sodium 367.0mg

Carbohydrates 31.9g

Protein 3.9g

Ingredients

- 1 tbsp olive oil
- 1 1/2 C. chopped leeks (white and pale green parts only)
- 1/2 C. chopped celery
- 1 garlic clove, minced
- 2 C. peeled turnips, 1/2-inch pieces
- 2 C. peeled rutabagas, 1/2-inch pieces
- 2 C. peeled russet potatoes, 1/2-inch pieces
- 2 C. carrots, sliced
- 1 (28 oz.) cans diced tomatoes with juice
- 4 (14 1/2 oz.) cans vegetable broth or 4 (14 1/2 oz.) cans low chicken broth

Directions

1. In a heavy large pan, heat the oil on medium-low heat and sauté the leek, celery and garlic for about 5 minutes.
2. Add the turnips, rutabagas, potatoes, carrots, tomatoes with juices and 2 cans of the broth and bring to a boil.
3. Reduce the heat and simmer, covered for about 45 minutes.
4. Transfer about 4 C. of the soup into a food processor and pulse till almost smooth.
5. Return the pureed soup to the pan.
6. Add the remaining 2 cans of the broth and bring to a simmer.
7. Season with the salt and pepper and serve.

SOUP in Norway



Prep Time: 10 mins

Total Time: 2 hrs 55 mins

Servings per Recipe: 12

Calories 189.4

Fat 0.9g

Cholesterol 72.5mg

Sodium 2209.7mg

Carbohydrates 114.4g

Protein 39.4g

Ingredients

- 1 lb. yellow split peas
- 1/2 C. ham, finely chopped, optional
- 1 onion, finely chopped
- 1 tbsp thyme
- 10 C. water
- 2 C. potatoes, diced
- 2 C. rutabagas, diced
- 2 C. celery root, diced
- 1 1/2 C. leeks, chopped
- 1 tbsp salt

Directions

1. In a large Dutch oven, mix together the split peas, ham, onion, thyme and water and simmer for about 1 1/2-2 hours.
2. Add the potatoes, rutabaga, celery root, leek and salt and simmer for about 30-45 minutes.

Rustic Green Bean, Turnip, and Leeks Soup



Prep Time: 25 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 12

Calories 146 kcal

Fat 5.6 g

Carbohydrates 16.6g

Protein 8.4 g

Cholesterol 10 mg

Sodium 1013 mg

Ingredients

- 12 C. chicken broth
- 1 C. chopped fresh green beans
- 1 1/4 C. cubed turnips
- 1/2 C. chopped leeks
- 1/2 C. chopped carrots
- 1/3 C. barley
- 1 1/2 lb. Brussels sprouts, trimmed and cut in half
- 1/2 C. chopped green bell pepper
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/4 C. butter
- 1/2 C. all-purpose flour

Directions

1. In a large soup pan, add the chicken broth and bring to a boil on medium-high heat.
2. Add the beans, turnips, leeks, carrots and barley and reduce the heat to medium.
3. Simmer for about 30 minutes.
4. Add the Brussels sprouts, green pepper, salt and pepper and simmer for about 30 minutes.
5. In a small frying pan, melt the butter on medium heat and cook the flour, beating continuously till smooth.
6. Stir the flour mixture into the soup and simmer for about 10 minutes.

AWARD

Winning Stuffing



Prep Time: 30 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 5

Calories 969 kcal

Fat 40.8 g

Carbohydrates 116.5g

Protein 37.5 g

Cholesterol 192 mg

Sodium 938 mg

Ingredients

- 2 C. hot water
- 1 oz. dried porcini mushrooms
- 1 3/4 lb. egg bread, crust trimmed
- 6 tbsp unsalted butter
- 4 C. coarsely chopped leeks
- 1 C. shallots, chopped
- 1 1/4 lb. Crimini mushrooms, sliced
- 1/2 lb. fresh sliced shiitake mushrooms
- 2 C. chopped celery
- 1 C. chopped fresh parsley
- 1 C. chopped toasted hazelnuts
- 3 tbsp chopped fresh thyme
- 2 tbsp chopped fresh sage
- 2 eggs
- 3/4 C. chicken stock
- salt to taste
- ground black pepper to taste
- 1 C. dried porcini mushrooms

Directions

1. In a bowl, soak the porcini mushrooms in 2 C. of the hot water for about 30 minutes.
2. Drain the mushrooms, reserving the soaking liquid.
3. Squeeze the porcini mushrooms to dry and then chop roughly.
4. Set your oven to 325 degrees F.
5. Divide the bread cubes in 2 baking sheets evenly and cook in the oven for about 15 minutes.
6. Remove from the oven and keep aside to cool completely.
7. Transfer the toasted bread cubes into a very large bowl.
8. In a heavy Dutch oven, melt the butter on medium-high heat and sauté the leeks, shallots, Crimini and shiitake mushrooms for about 15 minutes.
9. Add the celery and porcini mushrooms and sauté for about 5 minutes.
10. Transfer mixture into the bowl with the bread crumbs.
11. Add the parsley, hazelnuts, thyme, sage, salt, pepper and beaten eggs and mix till all combined.

12. For the baking of whole stuffing, set your oven to 325 F and butter a 15x10x2-inch baking dish.
13. In a bowl, mix together 3/4 C. of the reserved porcini soaking liquid and 3/4 C. of the broth.
14. Add the broth mixture into the stuffing and stir till moisten.
15. Transfer the stuffing mixture into the prepared baking dish evenly.
16. With a buttered piece of the foil, cover the baking dish and cook in the oven for about 1 hour.
17. Uncover and cook in the oven for about 15 minutes.
18. For turkey, stuff the main cavity with the enough stuffing.
19. In a bowl, mix together the broth and 1/2 C. of the reserved porcini soaking liquid.
20. Add enough broth mixture to the remaining stuffing and mix till moisten.
21. Transfer the moisten stuffing into a buttered baking dish.
22. With a buttered piece of the foil, cover the baking dish and cook in the oven alongside the turkey for about 30 minutes.
23. Uncover and cook in the oven for about 15 minutes.



NOVEMBER'S Stuffing



Prep Time: 20 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 449 kcal

Fat 25.9 g

Carbohydrates 50.4g

Protein 6.3 g

Cholesterol 0 mg

Sodium 255 mg

Ingredients

6 slices gluten-free bread (such as Rudi's(R) Original)
3 tbsp coconut oil
2 yellow onions, chopped
2 stalks celery, chopped
1/2 leek, chopped
1/4 C. finely chopped fresh parsley
1 sprig fresh sage, finely chopped
1 sprig fresh marjoram, finely chopped
1 sprig fresh thyme, finely chopped
1 sprig fresh rosemary leaves, finely chopped
2 tbsp coconut oil, melted
1 C. vegetable broth

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. Cut the bread slices into cubes and place onto a baking sheet.
3. Cook in the oven for about 15-20 minutes.
4. In a skillet, melt 3 tbsp of the coconut oil on medium heat and sauté the onions, celery and leek for about 8-10 minutes.
5. Transfer the vegetable mixture into a bowl with the bread cubes, parsley, sage, marjoram, thyme, rosemary and 2 tbsp of the coconut oil and mix till well combined.
6. Add the vegetable broth, about 1/2 C. at a time, mixing completely.
7. Transfer the mixture into a 9-inch square baking dish and cover with a piece of the foil.
8. Cook in the oven for about 20 minutes.
9. Uncover and cook in the oven for about 15 minutes more.

Vietnamese Soup



Prep Time: 15 mins



Total Time: 1 hr 55 mins

Servings per Recipe: 8

Calories 230 kcal

Fat 3.5 g

Carbohydrates 30.6g

Protein 17.9 g

Cholesterol 40 mg

Sodium 1696 mg

Ingredients

- 2 tsps sesame oil, divided
- 1 (4 inch) piece fresh ginger, peeled and diced, or to taste
- 3 quarts chicken broth
- 1 large red onion, diced
- 2 C. sliced carrots
- 1 tbsp curry powder
- 1 tbsp ground ginger
- 1 tbsp cayenne pepper
- salt and ground black pepper to taste
- 1 jalapeno pepper, finely diced
- 6 limes, juiced, divided
- 1 (9 oz.) package udon noodles
- 4 skinless, boneless chicken breast halves, cubed
- 1 leek, cut into matchstick-size pieces
- 1 green onion, finely diced

Directions

1. Stir fry your ginger in 1 tbsp of sesame oil for 12 mins, add in the broth, place a lid on the pot, and cook the mix for 35 mins.
2. Add the carrots and onions and cook for 12 more mins then add: black pepper, jalapeno, curry, salt, ginger, 1/2 lime juice, and cayenne.
3. Let the mix cook for 50 mins with a low heat.
4. Boil your noodles in water and salt for 11 mins then remove all the liquids.
5. Now stir fry your chicken in 1 tsp of sesame oil for 12 mins or until it is fully done then add the chicken to the broth mix and the green onions and leeks as well.
6. Cook the mix for 13 more mins then shut the heat.
7. Divide your noodles between serving bowls and add some broth mix to each as well as the rest of the lime.
8. Enjoy.





BABY

Mushroom Bake



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 163 kcal

Fat 3.8 g

Carbohydrates 26.5g

Protein 3.9 g

Cholesterol 2 mg

Sodium < 389 mg

Ingredients

- 2 tbsp extra - virgin olive oil
- 1 C. chopped leeks
- 6 oz. baby Bella (Crimini) or white mushrooms, sliced
- 1 1/4 C. uncooked long grain white rice
- 1/4 C. dry white wine
- 3 C. Swanson(R) Chicken Broth
- 3 C. chopped bok choy

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a large oven - proof skillet, heat the oil on medium - high heat and sauté the leeks for about 3 minutes.
3. Add the mushrooms and cook for about 3-5 minutes.
4. Add the rice and cook, stirring till the rice is coated with oil completely.
5. Add the wine and bring to a gentle boil on medium heat.
6. Cook for about 1 minute.
7. Add the chicken broth and bring to a boil.
8. Cover the skillet and immediately, place in the oven.
9. Cook in the oven for about 10 minutes.
10. Gently stir in bok choy and cook for about 10 minutes.
11. Remove from the oven and stir.
12. Keep aside, covered for about 10 minutes before serving.

Backroad Wandering Veal Stew



Prep Time: 20 mins



Total Time: 5 hrs 20 mins

Servings per Recipe: 8

Calories 67.8

Fat 6.9g

Cholesterol 0.0mg

Sodium 582.8mg

Carbohydrates 1.5g

Protein 0.3g

Ingredients

- 2 1/2 lbs stewing veal, trimmed and cubed
- 1/3 C. flour
- 2 tbsp vegetable oil
- 2 tbsp butter
- 1 onion, chopped
- 3 leeks, chopped (white and light green parts only!)
- 2 garlic cloves, minced
- 1 bay leaf
- 3/4 tsp salt
- 3/4 tsp pepper
- 1/4 tsp ground nutmeg
- 2 1/2 C. chicken stock
- 4 C. small button mushrooms
- 2 C. shiitake mushroom caps
- 2 tbsp lemon juice
- 1/2 C. whipping cream
- 1/4 C. fresh parsley, chopped

Directions

1. In a large plastic bag, add the veal and flour and shake to coat.
2. In a large shallow Dutch oven, heat the oil on medium - high heat and cook the veal in batches till browned.
3. Transfer the veal into slow cooker.
4. Drain the fat from Dutch oven and melt 1 tbsp of the butter on medium heat.
5. Add the onions, leeks, garlic and bay leaf and sauté for about 5 minutes.
6. Add 1/2 tsp each of the salt and pepper, all the thyme, nutmeg and stock and bring to a boil, scraping up any brown bits from the bottom of the pan.
7. Place the stock mixture over the veal in slow cooker.
8. Set the slow cooker on High and cook, covered for about 4-5 hours.
9. In a large skillet, melt the remaining butter on medium - high heat and sauté the mushrooms, remaining salt and pepper for about 10 minutes.
10. Add the mushroom mixture into slow cooker with the lemon juice and cook, covered on High for about 15 minutes. Discard the bay leaf and stir in the cream and parsley.

JANUARY NIGHT

Veal Stew



Prep Time: 20 mins

Total Time: 8 hrs 20 mins

Servings per Recipe: 8

Calories 283.7

Fat 12.5g

Cholesterol 126.4mg

Sodium 123.2mg

Carbohydrates 8.7g

Protein 28.5g

Ingredients

1 leek, thinly sliced (white and pale green parts only)
3 garlic cloves, pressed
1 tbsp dried tarragon
1/2 tsp lemon zest
1/2 tsp dried thyme
1/2 tsp white pepper
1/4 tsp dried sage
2 1/2-3 lbs veal, trimmed of fat, cubed
1/3 C. all-purpose flour

3/4 C. dry white wine
1/4 C. lemon juice
1 tbsp cornstarch
1/4 C. whipping cream
salt

Directions

1. In a larger slow cooker, mix together the leek, garlic, tarragon, lemon zest, thyme, white pepper and sage.
2. Coat veal cubes with the flour and place in the slow cooker.
3. Add the wine and lemon juice.
4. Set the slow cooker on Low and cook, covered for about 7-8 hours.
5. In a small bowl, mix together the cornstarch and cream.
6. Add the cream mixture into stew and stir to combine well.
7. Now, set the slow cooker on High and cook, covered for about 15 minutes, stirring 2-3 times.
8. Season with the salt.
9. Serve with a garnishing of the fresh tarragon and lemon slices.

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